

CATHOLIC HANDBOOK OF DELIVERANCE PRAYERS



REVISED EDITION
WITH 12 NEW PRAYERS

FR. JOSE FRANCISCO C. SYQUIA
Director, Archdiocese of Manila Office of Exorcism

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*I dedicate this humble work
to Mama Mary;
I place it and all
who would read it
under her mantle of love
and protection.*

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—Psalm 18:31-34, NRSV

“Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings. The God of all grace who called you to his eternal glory through Christ [Jesus] will himself restore, confirm, strengthen, and establish you after you have suffered a little.”

—1 Peter 5:8-10, NAB

Introduction

“The peace of Jesus is the fruit of a constant struggle against evil. The battle that Jesus has decided to fight is not against men or human powers but against the enemy of God and man, Satan.”

—Pope Benedict XVI

The Philippines is a country very dear to God and our Blessed Mother. We are a people who are naturally religious in orientation and this has been a great blessing to us as a people. Yet despite our faith which is many centuries old, there seems to be some form of blockage to the blessings and graces as well as the protection of God. Immorality and evil are rampant and suffering and misery abound. In our office (Archdiocese of Manila Office of Exorcism) cases of extraordinary demonic attack are plentiful. Being a predominantly Christian country, why is this so? Of course, the cross has always been the lot of Christians before as well as today as we try to follow the will of the Lord in today's modern self-centered materialistic world. Yet the cross in the life of a Christian is always a source of peace and interior joy as well as a means towards holiness of life. Where are the fruits of the cross in our country? The cross, as in the life of Jesus, should be life-giving for a Christian and not a source of misery and immorality.

To find an answer, we have to turn our attention to the enemy of humanity that has consistently and expertly remained hidden from view that it would need the gift of faith (divine revelation) to discover his existence and be aware of his activities on both the personal and global level. This enemy whom God has revealed as the devil, although undetected in our society, is very much alive and entrenched in our country, hence we see the effects in our moral and spiritual lives.

“This matter of the devil and of the influence he can exert on individuals as well as on communities, entire societies, or events, is a very important chapter of Catholic doctrine which should be studied again, although it is given little attention today” (Pope Paul VI).

“The devil is always at work... instigating untold cruelties, as

unfortunately seen throughout the twentieth century” (Then Cardinal Ratzinger, now Pope Emeritus Benedict XVI).

“Satan has all the skill in the world to induce people to deny his existence in the name of rationalism and of every other system of thought which seeks all possible means to avoid recognizing his activity” (St. Pope John Paul II).

“Do not mock the Gospels and say there is not Satan. Evil is too real in the world to say that. Do not say the idea of Satan is dead and gone. Satan never gains so many cohorts, as when in his shrewdness he spreads the rumor that he is long since dead” (Servant of God Bishop Fulton Sheen).

“The chief of all the enemy summons innumerable demons and scatters them. Some to the city and some to another throughout the whole world, so that no province, no place, no state of life, no individual is overlooked. He goes around to lay snares for men to seek to chain them” (St. Ignatius of Loyola).

In our society, even though we are predominantly Catholic, the devil still has its strongholds and these have contaminated our faith, making it less a source of holiness, blessings, and protection for us, Filipinos. In the Old Testament, the blessings and protection of God would be blocked also because of the contamination of the number one weapon of the devil; his false religion of paganism/animism. Christ, as stated in the Bible, in fact came to destroy this work of the devil; the idolatrous “religion” of paganism. Yahweh distanced himself with these baals or false gods and was very strict with the Israelites because they were so easily allured and contaminated by them. Pagan practices (occultism/esotericism) were practiced side-by-side with Judaic rituals and rites. When this contamination occurred (we see this many times in the Bible), the protection and blessings of God were blocked and the Israelites would fall into slavery to a foreign power and misery would be their lot. The unfaithfulness of Israel as a nation was centered on this. Sadly, this phenomenon is what is occurring in our country today; we hurt God so much because although we are Catholics, we continually go against the first commandment. Just a cursory look around will show that paganism/animism is not only very much alive, it has contaminated our faith. How many Filipinos use an *anting-anting*? You would be surprised! How many go to fortune-tellers? How many continue to practice pagan worship like the *padugo* before constructing a house or cutting down an old tree? How many continue to believe in superstitions (these are remnants of paganism) and allow their lives to be led by them? How many Catholic

businesses have beside the statue of the Sto. Niño, a statue of Buddha, a dragon, or some other pagan god? And the statue of the child Jesus is not there for devotion but for good luck. How many Catholics are pagan practitioners themselves? What follows below are some of the many still existing pagan practitioners:

Albularyo. A faith healer or traditional folk healer.

Mangtatawas. This occult practitioner is someone who is engaged in pagtatawas. **Pagtatawas** is a ritual where an affliction or psychological disorder is diagnosed by interpreting the form produced in a basin of water as molten wax drip from a lighted candle.

Manghihiilot. Someone who is engaged in *hiilot*. This is a form of massage where incantations (called *bulong*) are used by the practitioner to invoke the assistance of spirits to aid in the healing or relaxation of the client.

Mananambal. This occultist is a Filipino practitioner of traditional medicine; who is also capable of performing sorcery. He treats both natural and supernatural maladies.

Manghuhula. An occult practitioner who specializes in fortune-telling through card reading and/or palmistry.

Mangkukulam. This occultist is a Filipino/Tagalog version of a witch or sorcerer who does *kulam* (curse), recites spells, and mixes potions. He also uses the equivalent of a voodoo doll. The pagan remedy against a curse from this occult practitioner is by finding him/her and giving bribes or finding a more powerful *mangkukulam* to cast a counter spell.

Mambabarang. Filipino/Cebuano term for a sorcerer whose expertise is the use of fungus beetles and other insects to send his spells to a victim.

So, from the above few examples we can see how paganism is still very much alive in our country. Most Catholics are unaware of the effects of these pagan beliefs and practices (reading the Old Testament and seeing how the Israelites were affected by the sin of idolatry should be meditated upon). The sad thing is that when our personal lives as well as our society as a whole fall into all kinds of difficulties, miseries, tragedies, and immoralities; we would even tend to blame God for our lot.

When paganism and the occult contaminate the faith, the relationship with God is blocked and we can end up saying to ourselves that God is not interested in us, personally and as a nation. This is because his

blessings and protection, just like with the Israelites of old, would not be able to fully enter into our lives. We are not aware that the infinite love, all the blessings, and the protection of God are blocked because we are loving him with a very divided and polluted heart. The continuance of occult practices and pagan beliefs tell our loving Father that his power and providence is not enough, hence we seek out other sources of power. The sad thing is that many of those who continue to seek assistance and are guided by paganism/occultism as well as many of the occult practitioners themselves are well-intentioned people. They have been blinded by Satan, the great deceiver who will always try to come as an angel of light, so that our faith would remain stunted and God's blessing blocked. Those trapped by the deceptions of the devil need to be awakened to the fact that they have fallen into the trap of a master deceiver and that they need to wake up from this sleep before it is too late. They must be made aware that once they have opened their eyes, purified their Catholic faith, and lived it out in all its purity, then and only then would they receive the fullness of the blessings, graces, and protection that a child of God and a brother of Christ deserve. The sad truth is that even after 400 years of our Catholic faith, paganism which should have been purified, continues to exist and influence Catholics.

“All practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one's service and have supernatural power over others—even if this were for the sake of restoring their health—are gravely contrary to the virtue of religion” (CCC 2117).

“All forms of divination are to be rejected: recourse to Satan or demons, conjuring up the dead, or other practices falsely supposed to ‘unveil’ the future. Consulting horoscopes, astrology, palm reading, interpretation of omens and lots, the phenomena of clairvoyance, and recourse to mediums, all conceal a desire for power over time, history and, in the last analysis, other human beings, as well as a wish to conciliate hidden powers. They contradict the honor, respect, and loving fear that we owe to God alone” (CCC 2116).

Moving now from the spiritual to the moral dimension, we must take note that paganism/occultism has also contaminated the way we relate with God as a Father. I will not go deeply into this aspect but suffice it to say, we have a tendency to treat God in a pagan manner, hence we see why there is the existence of what Fr. Jaime Bulatao, SJ calls a “split-level” Christianity in the practice of our faith. We all know people who go regularly to Mass on Sundays and even receive Holy Communion and yet when they go back to work, they continue to cheat, be dishonest, and

steal, and this without any qualms of conscience. This is spit-level Christianity in action! Relationship with God is more of a contract and barter system than a love relationship; it is also legalistic and utilitarian. This is how our ancestors related with the *anitos* and has been carried over even to the present with our relationship with God. That is why the 2nd Plenary Council of the Philippines mentioned that we are a country that is sacramentalized but not evangelized.

A final point I would like to make regarding paganism/animism and its occult/esoteric practices is that not only do we have to contend with it from within but also confront it from outside our country. There is now the influx of what is called the “New Age Movement.” This movement, centered mostly in the cities, has infiltrated even religious communities. Even in 2003, the Pontifical Council for Culture released a study on the New Age Movement entitled, “Jesus Christ, the Bearer of the Water of Life.” Its conclusion was that the New Age Movement “runs counter to Christian Revelation” and as stated by St. Pope John Paul II in his book, *Crossing the Threshold of Hope*, it is a “return of ancient Gnostic ideas...” It must be remembered that Gnosticism was a heresy in the early Church. Some examples of New Age practices are: astral projection, astrology, geomancy, channeling, automatic writing, amulets, pranic healing, crystal healing, crystal balls, divination, fortune-telling, psychic healing, spellcraft, spiritism, tarot cards, wicca, and séances. We must always be very careful and discerning, knowing full well the traditions and teachings of our faith.

Now the existence of paganism/animism with its accompanying occult practices in our country is the major cause of why the devil has so much power in our society so much so that many Filipinos become victims of extraordinary demonic attacks of obsession, oppression, and even possession. This is also the reason why we have many so-called “haunted” places whether they be trees, rocks, rivers, mountains, forests, roads, schools, offices, condominiums, hospitals, or individual houses. Ask any Filipino whether he experienced or knows someone who has experienced the intrusion of the spirit world into their lives (paranormal experiences) and you will be surprised at how many they are. Paganism is for us as it has been throughout history the doorway where the world of spirits (fallen angels) is able to enter more tangibly into our world.

Why have I devoted a number of paragraphs discussing paganism/animism and the occult? It is because the deliverance and healing ministry can only be truly effective if it is understood within the entire context of our present situation of evangelization in our country.

The first important point that must be kept in mind is that extraordinary demonic attack occurs frequently in our country because of a contaminated Catholic faith. Knowing and understanding the underlying

foundation and causes of extraordinary demonic attack will aid the Church in more effectively assisting those who come to us in need. Hopefully from this knowledge will come concrete evangelization strategies to actively and zealously search out and destroy the strongholds of Satan still within our faith so that we, as individual Christians and society as a whole, may experience the fullness of the blessings and protection of God. By purifying what needs to be purified, our faith will truly become a living faith where our lives revolve around God and not the other way around. God infinitely desires to bless us not only with divine peace, joy, and the abundance of his graces but even supply for all our temporal needs, for our God is a generous God; it is up to us (with God's grace, of course) to break down the barriers that Satan with our help has set up so that God's plans for us may be realized. If we but rely and trust in God alone by removing from our lives all sources of power that are not of God, we would be surprised with such wonder, awe, and joy of how infinitely loving our Father is! Let us love him with undivided hearts; let us take our example from the saints themselves who relied only on God. Did the saints ever go in want with regard to the fullness of life (including temporal needs), love, joy, and peace? With undivided hearts (free of pagan beliefs), relying on God alone (free of occultism), were they not the greatest of healers, exorcists, and prophets? God alone is enough, infinitely more than enough!

Reflecting on all that we have discussed in the previous paragraphs, a second important point that I would want to emphasize is this: the way to liberation from demonic forces is not found simply in an exorcism session (solemn and simple) but in conversion—a changed way of life. Exorcism and deliverance are never separated from total and integral evangelization. The ministry of deliverance can never be disconnected with the entirety of the Christian life which includes prayer, the sacraments, the sacramentals, devotion to Mama Mary and the saints, the development of the life of virtue and the like. Why? Simply because deliverance and exorcism are the power of God's love breaking down whatever demonic barriers and obstacles are in its way so that a lost or weakening relationship between the soul and God may be restored. This ministry and its effectiveness is therefore based on the love relationship between God and the soul: God desiring to shower the fullness of his love on the person and the person himself responding and seeking in freedom this love.

“The soul that is united with God is feared by the devil as the one who is where God himself is” (St. John of the Cross).

It cannot be otherwise; this is one of the main differences between

divine power and authority and so-called occult power. Once the relational dimension is forgotten or not given any emphasis in the ministry, the ministry degenerates into magic and even superstition.

Now, we go to the question: why the need for this ministry? Let God himself speak to us.

“The kingdom of heaven is at hand! Cure the sick, raise the dead, cleanse the lepers, drive out demons” (Mt 10:7-8).

“[Jesus] summoned the Twelve and gave them power and authority over all demons and to cure diseases” (Lk 9:1).

“These signs will accompany those who believe: in my name they will drive out demons” (Mk 16:17).

“God anointed Jesus of Nazareth with the holy Spirit and power. He went about doing good and healing all those oppressed by the devil” (Acts 10:38).

The prayers in this manual can be divided into those that deal directly with deliverance and those which bring about the proper spiritual atmosphere for healing and liberation. The latter prayers which include the consecration prayers, Marian and angel prayers, etc. may be prayed anytime and anywhere; the deliverance prayers (these prayers are more or less directed to commanding the evil spirits to leave) which include the Pope Leo XIII prayer, the prayers to break seals, consecrations, curses, spells, and demonic ties, etc. are not to be used indiscriminately. Please be guided by the following paragraphs.

These deliverance prayers are first meant for priests and religious who have souls under their care. Secondly, for lay communities under the guidance of a priest and with the permission of the diocesan bishop whose apostolate is healing and deliverance, and lastly, for the individual lay Catholic. For this last group, these prayers can be used so that they and their loved ones may be protected and armed against ordinary and extraordinary demonic attacks. A word of caution is in order here; when I say individual lay Catholic persons, I mean those who are practicing Catholics because first, it is dangerous to tangle with the devil if one has no real relationship with God and secondly, the prayers and the use of the sacramentals would degenerate into incantations and magic. An individual may use these prayers for his own personal spiritual benefits; he may also use them for protection and for destruction of demonic obstacles to God's blessing for his family and loved ones; he may in addition use them to bring about a more spiritual atmosphere in his own home or even office space. What must not be done is for an individual to

use deliverance prayers outside these circumstances. These deliverance prayers should not be used indiscriminately on others outside his loved ones and on places outside his home and other personal living and working spaces where he has no spiritual authority and no knowledge of the spiritual situation surrounding them. Of course, he may pray for others when he sees someone undergoing a seemingly preternatural attack and/or demonic obstinacy in a sinful lifestyle. But he must not pray deliverance prayers over the persons concerned. Always use prayers of petition, intercession, and supplication for the persons concerned and when necessary refer these persons to the bishop of the diocese or the parish priest for proper discernment and appropriate response. This is a serious rule that must always be remembered.

Connected with the above paragraph, the deliverance prayers found in this handbook are very effective when used by those who have spiritual authority over the people needing these prayers; for example, the parents of a child experiencing preternatural nightmares, a religious superior over one of her sisters who in a pagan mission area starts to get sick for no medical reason, a parish priest over one of his parishioners who used to delve deeply into witchcraft and is now hearing blasphemous voices in his head as well as experiencing physical oppression; this is so because God has given each one through one's vocation not only a moral authority to those he entrusts to his care but a spiritual power also.

For a Catholic lay person who believes he is called to the healing and deliverance ministry, joining a Catholic community is of primary importance. For the community into the healing and deliverance ministry, there should never be a focus primarily on charisms but on holiness of life. In addition, only prayer, the sacraments, sacramentals, and the like are used in the ministry; nothing outside Church tradition should ever be used. The community must always be under the guidance of the diocesan bishop and a priest knowledgeable in the ministry of exorcism and deliverance. The devil is an expert in infiltration and contamination of deliverance and healing groups; take my word for it. There have already been a lot of abuses in the past (that is a reason why the Church is very strict with regard to the ministry of exorcism). In our own country, there have been deliverance groups getting contaminated with the occult as well as being destroyed through retaliation by the devil. Also victims who sought help ended up worse spiritually, emotionally, psychologically, and even physically because of lack of guidance. There have been a few cases of victims dying while undergoing sessions of "deliverance" (thankfully, I only know of this happening outside the Catholic Church). Obedience in a community to proper Church authority is the greatest protection against the cunning and deceitful serpent. Charismatic

communities must never rely only on their charisms especially for discernment since the devil can easily impart false “inspirations.” St. Ignatius gives great importance to the discernment of spirits as well as St. Teresa of Avila and St. John of the Cross. Have a knowledgeable spiritual director, especially steeped with the teachings of the Doctors of the Church regarding mystical phenomena, and duly appointed by the diocesan bishop to serve as spiritual director and adviser. It is God’s will that charisms always be guided by the hierarchy. God himself has established these shepherds to protect the flock from the deceptions of the evil one.

Some other reminders for priests and duly appointed deliverance groups when using the deliverance prayers in this manual are in order. Make sure that if the person is under psychiatric care (especially suicidal), ask permission from the psychiatrist and if the person is gravely ill, ask permission from the doctors concerned. Always have medical specialists on hand for consultation when there are medical and psychological concerns. During the deliverance session of these patients, make sure that the appropriate medical specialist is around. It is always better that the victim is stabilized physically, emotionally, and psychologically before any deliverance is done on them. When in doubt, always consult with specialists and priests knowledgeable in the ministry because there can be disastrous consequences when the victim is not prepared physically, emotionally, psychologically, and spiritually.

When praying these prayers, it is important to remember that when we are speaking to God seeking his protection and blessings (petition, supplication, etc.), our words are spoken humbly, confidently, and lovingly but when we are commanding evil spirits, our words are authoritative and firm. Keep this in mind since some of the individual prayers have a mixture of both supplication and command and if one is not aware, the proper disposition may be lacking.

Before I conclude, I would like to mention that the prayers in this handbook have come from different sources; some are ancient Catholic prayers that have been in existence in the Church for centuries while some of the prayers are quite recent, coming about with the rise of Catholic lay deliverance ministries. I have made minor adaptations to some of the newer prayers to make them more understandable to a person without any prior knowledge of the ministry of spiritual warfare as well as to make them more focused for particular needs and circumstances. I have also made minor adaptations based on my experiences and learnings as an exorcist of Manila for more than ten years now. Not being able to trace the original sources of some of these newer prayers since reaching the public domain, I would take this opportunity to personally thank whoever was inspired by God to create

them for his greater glory and the salvation of souls.

May this handbook aid those called to this difficult yet rewarding ministry so that they may become more effective and loving instruments of God to those in need and in so doing they themselves may also experience the reality and power of God's love. I pray that this work would be an instrument so that more of those in need of help in destroying the strongholds of the devil in their lives may be attended to and aided in restoring and strengthening their relationship with God so that God may be more glorified through them. May this handbook also help to destroy demonic obstacles to the blessings and love of God to those individuals who make personal use of this work. Finally and most importantly, may this humble manual be pleasing to God and may he, and only he, be glorified in and through it. Again, as with my other works, I place this entire book and those who would make use of it under the mantle of love and protection of Mama Mary.

Definition of Terms

“The Church participates in the victory of Christ over the Devil: Christ gave his disciples the power to expel demons. The Church exercises this victorious power through faith in Christ and prayer, which in specific cases can take the form of exorcism.”

—St. Pope John Paul II

Exorcist

Who are exorcists? The instructions from the Roman Ritual point out that an exorcist is someone who is expressly and particularly authorized by the Ordinary (bishop of a diocese) to perform an exorcism. In performing an exorcism which is also called a solemn exorcism, the exorcist follows the instructions and uses the prayers found in the Roman Ritual of Exorcism. The exorcist deals especially with cases of possession, the greatest form of extraordinary demonic bondage. It must be remembered that all bishops are exorcists.

Deliverance Minister

Who are deliverance ministers? They may be priests, religious, or lay persons with the charism of deliverance. They may or not be part of the Catholic Charismatic Movement. They use deliverance prayers (not the Roman Ritual of Exorcism) to expel evil spirits from the demonically obsessed and oppressed which are lesser forms of extraordinary demonic bondage, referring the more difficult cases to exorcists. Although at times they also handle cases of possession when there is no exorcist or during times of emergency. But long-term cases and those cases where the victim has been deeply involved with Satanism and witchcraft are referred to exorcists because of the many dangers and difficulties involved. Deliverance ministers work in and with groups and never alone, are recognized by Church authority, and under the guidance of a priest spiritual director/adviser. Another term used for a deliverance prayer is “prayer of liberation.”

Possession

Possession is a state wherein demons take full control of the body (not the soul) of a person; they speak and act without the consent of the person and the person later has no knowledge of what transpired while he was under their control. This is the greatest form of extraordinary demonic attack wherein the demons act from within the person. The manifestations of possession can range from an immobile catatonic trance state to a full-fledged, physically violent display of hatred and pride. Usually those who are deep in the occult, have been very psychic (sensitive to the spirit world) since they were young, and have almost no relationship with God are the most vulnerable to possession.

Oppression

Oppression includes burdens or afflictions that torment from the outside and which are wide-ranging and diverse in nature. This is a lesser form of extraordinary demonic attack but, if not addressed, can lead to full possession. Oppression can affect one's health, emotional and psychological well-being, spiritual life, relationships, and work. These areas of one's life deteriorate with no apparent cause. With regard to physical and mental deterioration, if it is caused by an evil spirit, medical science would find difficulty in diagnosing the case, much more curing the person of the affliction. There may or may not be paranormal occurrences experienced by those around the victim and there would most likely be an occult connection. Many times, the cause can be someone who has had access to sorcery and witchcraft wherein demons are sent against the person concerned. When the person undergoes a deliverance session, there would be the occurrence of tangible reactions that would later make the victim better or worse (worse if the victim has not been prepared properly or the open doorways in the life of the person where the evil spirits entered through have not been addressed). Well-prepared deliverance teams authorized by the diocesan bishop can be of great help to those undergoing demonic oppression; there is no need to seek out an exorcist.

Demonic Obsession

Demonic obsession includes compulsions that affect the imagination and the mind which are blasphemous and suicidal in nature. Also included here is the compulsive nature of habitual sin. St. Alphonsus Liguori tells confessors that when a person goes to confession and there seems to be some obstinacy in the sin being confessed, the confessor can pray a

deliverance prayer or simple exorcism over the person.

Infestation

Infestation is when extraordinary demonic activity is centered on an animal, thing, or place. A “haunted house” would fall under the term infestation if the cause is proven to be demonic in origin. Evil spirits are very territorial by nature since while on this earth, it seems to give them some sort of power. Pagan man knew how territorial these spirits were (although they never knew their true identities as fallen angels); pagan man had many different names for them, depending upon the culture of the place although we can classify them under the general term of “elementals.” Because of fear of these spirits, there arose all the different forms (rites and rituals) of pagan worship (evil spirits have an insatiable desire to be worshipped as gods), appeasement, and submission which the Church has always called idolatry. Paganism, if one does one’s research, is similar throughout history and throughout the world, the essential characteristics are all the same.

Rules for Deliverance of Persons

“We are able to adjure the demons by the power of the name of Jesus, expelling them from ourselves as declared enemies, in order to avoid the spiritual and corporal damage that could come to us from them. This is a power which is given to us from Christ himself.”

—St. Thomas Aquinas

Some General Rules for Discernment

Whether possession, oppression, or obsession, there is a greater probability of the demonic if there is the presence of esoteric, occult, and sinful activities that occurred right before the onset of the problems. The existence of the following will point to the probability of extraordinary demonic harassment:

1. Recently playing/engaging in occult and esoteric “games” and activities such as spirit of the glass, the Ouija board, and the like.
2. Recently practicing magick rites and rituals (sorcery, spells, hexes, curses, etc.).
3. Recently going to a cemetery and other so-called “haunted” locations for ghost hunting and séances.
4. Having recently visited a dead person or being close by when someone died and the person concerned has been known to be sensitive (psychic) to the spirit world.
5. Started wearing and carrying talismans, amulets (*anting-anting*), and other occult objects.
6. Recently having contact with the spirit world such as psychically communicating with “imaginary friends,” spirit guides, ascended masters, familiars, dead ancestors, elementals (fairies), “wandering souls,” etc. as well as recently making deals with them (in order to

find treasure, for example) or challenging them in any way.

7. Recently visiting and/or joining satanic, esoteric/occult, and spiritist groups.
8. Having had a recent traumatic experience. Deep psychological and emotional wounds can be openings that evil spirits can latch on to.
9. Having recently committed a gravely sinful action (ex. abortion) or living a sinful lifestyle for a long period of time.
10. Having sought healing and other benefits from an occult/esoteric practitioner recently like a faith healer (*albularyo*), fortune-teller, witch doctor, shaman, spiritist, medium, etc.
11. Having recently engaged in a quarrel or misunderstanding with someone who has access to witchcraft and sorcery.
12. Practicing the “science of the mind” and other mind-altering techniques and methods that open the psychic faculty (3rd eye).
13. Into heavy metal and death metal music; these are offered to Satan by the composers and have hypnotic rhythms and subliminal lyrics that have a very negative effect on the psyche of the person.

Also check for any occult/esoteric involvement and contamination when the patient was younger in order for them to be renounced and confessed. Extraordinary demonic attacks are usually the end result of a number of events that allowed the person to be more and more vulnerable or open to these demonic attacks as well as invited more and more evil spirits to attach themselves to the person; when evil spirits “latching on” have reached a certain level of number and power, they then are able to attack extraordinarily and not merely ordinarily (temptation).

Finally, whether possession, oppression, or obsession, there is a greater probability of the demonic if the person’s family or ancestors had involvement with the occult such as being occult practitioners.

Some General Rules for the Victim

1. Make sure that all assignments given to the victim are fulfilled. Non-fulfillment of the assignments may block the success of the healing/deliverance session(s). The victim may also be open to retaliation by the demons. Another result may be that the liberation and healing

would merely be temporary and what is worse, since there is an abuse of grace, the demons will return with more reinforcements as mentioned in the Gospel.

2. It is of primary importance that the victim is in the state of grace. Emphasis must be placed in the development in the patient's life of a real and growing love relationship with God; hence it is important that proper evangelization be part of the process of healing/deliverance. Healing and deliverance are not ends in themselves but only a means to free the person for God. In addition, holiness of life is what protects the person from future extraordinary demonic attacks; Jesus is the Healer and Deliverer, not the priest exorcist or deliverance minister.
3. The patient must be reminded regularly that all spiritual assignments must be done by him not in a "magical" and automatic manner (mere lip service) but with attention (mind) and devotion (from the heart). Following are the more detailed assignments that should be given:
 - a. Daily Mass (one offers it for one's healing/deliverance/protection and for all those involved including possessions).
 - b. Confession, especially of those sins and occult activities that created the opening to the demonic.
 - c. Renouncement (3x) in Jesus' name of all occult/esoteric activities. This is best done in front of the Blessed Sacrament and with as much sincerity and intensity as one is capable of. This destroys any "right" that the evil spirits have over the person for the use of their "services" or benefits received from them.
 - d. This is very important: forgiveness for those who have hurt the person. If the demonic bondage is due to a witch who cast a spell, forgiveness and prayers for her conversion. Unforgiveness in the heart can totally block grace from reaching the person.
 - e. Daily consecration from the heart to Mama Mary (it is recommended to use a consecratory prayer made by a saint). Also, always include prayers to Mama Mary for protection from harassment and retaliation for oneself, one's loved ones as well as for all possessions.
 - f. The patient and his family must pray together the chaplet of the Divine Mercy and the Rosary with heartfelt devotion and supplication; when more people pray, there is more faith present. Offer them for protection and healing/deliverance.
 - g. The victim must use the sacramentals liberally. Some examples are; before going to bed, make the sign of the cross on the forehead (with holy water), placing exorcized salt around one's

room, and wearing a St. Benedict medal and the scapular.

- h. The victim must always be reminded that during the deliverance session itself, he must participate as much as he can: always praying and beseeching God and Mama Mary.

Guidelines for the Deliverance Session

Deliverance Session

1. Ask for the guidance of the Holy Spirit and for his power to come upon the team. Call on Jesus to grant you his authority to cast out spirits.
2. Ask from your heart the protection of Mama Mary to cover you, your companions, and the victim as well as all those you cherish and your possessions from any form of demonic harassment and retaliation.
3. Seek the assistance also of all the saints and angels in heaven for their intercession, protection, and guidance.
4. Bind all demonic interactions around the area by sprinkling holy water around and saying, "I forbid in the name of Jesus Christ any demonic interaction and any communication and seal this place in the blood of Jesus."
5. Go now calmly to the afflicted person. Only the deliverance minister places his hands on the head of the patient. If the victim is violent or mobile, tell your companions to hold him down. If the victim is a woman, either have your women companions hold the victim down or ask the relatives to do so. Others may pray the Rosary for the deliverance and healing of the person.
6. Break seals (a sort of dedication to the devil which is created when the person has been contaminated with witchcraft and Satanism), curses, spells, and demonic bondages.
7. Then, with a firm voice, say the deliverance prayer. Repeat them a few times with full faith and confidence; mean every word!
8. Pray short aspirations to God, Mama Mary, etc. in between the deliverance prayers to renew your faith and trust.
9. During and in between the deliverance prayers, use the sacramentals:

- a. Holy water is sprinkled around the place and on the person.
- b. Exorcized oil is used on the victim's forehead, ears, eyelids, throat, hands, and feet. Use also on the parts of the victim that experiences pain during the session.
- c. Exorcised salt can be used by sprinkling some on the boundaries of the room as well as be ingested by the victim when he is being tormented through the stomach.
- d. A relic, rosary, or crucifix is placed on the head of the victim during the deliverance prayers; the consecrated hands of a priest serve the same purpose.
- e. A crucifix can be positioned in front of the eyes of the victim.
- f. To facilitate the vomiting of an ingested cursed object (ex. *gayuma*), the victim must drink exorcised oil (just a little) mixed with holy water while the minister prays the deliverance prayers.
- g. Look for the weak spot of the demons and focus the attack there. If they are hurt or weakened by holy water then use it generously; if a certain prayer causes them to become more violent, repeat the prayer several times.
- h. The patient must be asked to interrupt the session anytime he feels that something is happening in his body, emotions, etc.; this will aid the team to discern how the spirit is reacting and whether to continue and how to continue, take a break or end the session.
- i. During the session, look for signs that would further substantiate the presence of the demonic. Pay particular attention to the occurrence of preternatural/paranormal activity in the victim and the vicinity. Some more particular signs are the following:
 - abdominal pains that may be followed by retching and vomiting (rarely is food expelled even if the person had just eaten; what is expelled is thick slimy saliva);
 - headaches that may be severe and/or the victim feels like his head is being compressed. He may also feel heaviness in the hand of the priest even though he is only gently laying his hand on the patient's head.
- j. If the demons seem to be weakening, talk to the afflicted person, call out his name and ask him to say with all his heart, "Jesus, I love you!" or "Praise be Jesus and Mary!" again and again.
- k. Take note that evil spirits are usually expelled through the mouth area, hence check for yawning, coughing, burping, sighing, retching, and vomiting.
- l. Ask the victim to notify you if and when he feels that the spirits have left since the patient is usually the best judge in this regard.
- m. After the liberation of the victim, make a personal prayer to the

Holy Spirit to fill up the spaces left by the expelled demons and pray the cleansing prayer.

- n. Praise, thank, and ask for the continued assistance of God for the person as well as thank and ask for the continued assistance of Mama Mary, the saints, and the angels.

After the Deliverance Session

1. Afterwards, it is important to check any reactions in the victim, both positive and negative, especially two to three days after the deliverance session. This will help provide feedback evaluation on how to proceed next. A suggestion would be to ask the victim to write a daily journal regarding his progress.
2. If the person has been set free, that is a non-recurrence of the problem within a span of a month, it is of utmost importance that the patient continues his personal spiritual rule of life program; the growth in grace would leave no room for the evil spirits to return. This rule of life would include the sacraments, the use of the sacramentals, and a devotion to Mama Mary, the saints, and the angels.
3. It would be good to have a kind of sponsor for the victim; this sponsor would help the person avoid the near occasions of sin and the occult as well as make sure that the commitment to a spiritual rule of life is kept.
4. If the victim seems to still have some form of demonic bondage, you would have to do the following:
 - a. Search if there are other “openings” that may have been overlooked or kept hidden by the patient.
 - b. Plan a follow-up deliverance session.
 - c. Prepare even more conscientiously the victim. You may even ask him to pray regularly personal deliverance prayers on himself to weaken the attached spirit.
5. But what is most important, whether the victim is immediately liberated or not, is that he begins a real and personal love relationship with God. The whole thrust of the ministry of deliverance should be to grow in holiness by bringing the person to an intimate relationship with God; this is the ultimate goal of this ministry and the success of it should be centered on this.

Deliverance Session Prayers

A necessary requirement is that these prayers are prayed with full attention and devotion. It is therefore recommended that before beginning to pray, a short time of silence be given in order to recollect oneself and place oneself in God's presence. The greater the faith and confidence, the greater will be their effectiveness in the life of a person. God always looks at the heart, not the lips. These prayers should always be contextualized within our relationship with God. Living a good Christian life, frequenting the sacraments, having a daily prayer time, being devoted to Mama Mary and one's guardian angel, loving and forgiving one's neighbor comprise the atmosphere where these prayers find their full efficacy.

The following prayers are arranged as they would be used during a deliverance session.

Prayer for Protection¹

This prayer is recommended to be prayed daily for protection against the fallen angels and their human followers.

Lord Jesus,
I ask you to protect my family
(Mention by name)
from sickness,
from all harm, and
from accidents.
If any of us has been subjected
to any curses, hexes, or spells,
I declare these curses,
hexes, or spells
null and void
in the Name of Jesus Christ.
If any evil spirits
have been sent against us,

I decommission you
in the Name of Jesus Christ
and I send you to Jesus
to deal with as he will.
Then, Lord, I ask you
to send your holy angels
to guard and protect all of us.
Amen.



Prayer for Protection before a Deliverance Session

Never forget to pray this prayer since the fallen angels will not simply remain passive when under attack. They will search for any opening to put up obstacles as well as retaliate.

Dear Mama Mary,
I humbly ask you to protect me,
all those present now
and all those people in our lives
whom we cherish
as well as all our possessions
from any form of harassment
and retaliation from all evil spirits
as we do this ministry.
Cover us all
with your mantle of love
and protection,
for you are our Mother
and we are your children.
Intercede for us to the Father
that all that we do and say
may redound to his good pleasure
and glory.
Amen.

Prayer for Inner Healing

Emotional traumas and woundedness can allow the entry of evil spirits into a person's life and these areas can become strongholds where these spirits gain the power to resist expulsion; it is therefore necessary to bring about healing

in these areas. Unforgiveness and hatred in the heart are the greatest blocks to the graces of liberation. This prayer is prayed before the session if there are emotional issues involved and it would also be good to pray it afterwards since after the session, the person would have been freed from any spirits that may be blocking the sincerity that may have been lacking when the prayer was first prayed. Then a second prayer session would even be more effective. This prayer although in the first person may be adapted for second person use by adding the name of the person being prayed over.

(†) Lord Jesus, please come and heal my wounded and troubled heart. I beg you to heal the torments that cause anxiety in my heart; I beg you, in a particular way, to heal all who are the causes of my sinfulness. I beg you to come into my life and heal me of the psychological harms that struck me in my childhood and from the injuries that they caused throughout my life. Lord Jesus, you know my burdens. I lay them all on your Good Shepherd's Heart. I beseech you—by the merits of the great open wound in your heart—to heal the small wounds that are in mine. Heal the pain of my memories, so that nothing that has happened to me will cause me to remain in pain and anguish, filled with anxiety.

Heal, O Lord, all those wounds that have been the cause of all the evil that is rooted in my life. I want to forgive all those who have offended me. Look to those inner sores that make me unable to forgive. You who came to forgive the afflicted of heart, please, heal my heart.

Heal, my Lord Jesus, those intimate wounds that cause me physical illness. I offer you my heart. Accept it, Lord, purify it and give me the sentiments of your Divine Heart.

Help me to be meek and humble.

Heal me, O Lord, from the pain caused by the death of my loved ones, which is oppressing me. Grant me to regain peace and joy in the knowledge that you are the Resurrection and the Life. Make me an authentic witness to your Resurrection, your victory over sin and death, your living presence among all men. Amen.

Prayer to Renounce Occult and Non-Catholic Beliefs and Practices

Occult and esoteric (whether through paganism/animism or the New Age Movement) beliefs and practices are the major sources of a person becoming a victim of extraordinary demonic attacks (obsession, oppression, and

possession). *The occult is an open doorway to the world of spirits (the fallen angels). A Catholic relates with the divine always and only through prayer.*

It is recommended that the renouncement be done in front of the Blessed Sacrament. Renouncement, as was stated previously, destroys any right that the evil spirits have over the victim since he received certain temporal benefits from them.

(Ask the Holy Spirit for the grace to remember and to renounce sincerely all occult and non-Catholic beliefs and practices.)

In the name of Jesus,

I renounce

(State belief/practice/cult/ritual done/etc.).

I repent and ask to be forgiven.

I now choose you, Jesus,

as my only Lord and Savior.

(Repeat this prayer three times.)



Act of Consecration to the Sacred Heart of Jesus

O Heart of Jesus,

fountain of every blessing,

I adore you, I love you,

and with a lively sorrow for my sins,

I offer you this poor heart of mine.

Make me humble, patient, pure,

and wholly obedient to your will.

Grant that I may live in you

and for you.

Protect me in the midst of danger,

comfort me in my afflictions,

give me health of body,

assistance in my temporal needs,

your blessing on all that I do,

and the grace of a holy death.

Amen.

O most merciful Jesus,

we consecrate ourselves

today and always
to your Most Sacred Heart.
Jesus, meek and humble of heart,
make our hearts like unto yours.



Act of Consecration to Christ through Mary

With knowledge of
my Christian vocation,
I renew this day
in your hands, O Mary,
the commitments
of my Baptism.

I renounce Satan,
all his works and
all his empty promises,
and I consecrate myself
to Jesus Christ,
in order to carry my cross
together with him
by fulfilling the duties
of my daily life
with faithfulness,
according to the will
of the Father.

In the presence
of the entire Church,
I acknowledge you
as my Mother and queen.
To you I offer
and consecrate my being,
my life, and the value
of my good works,
those of the past,
present, and future.
Dispose of me
and of all that belongs to me
for the greater glory of God,
in time and in eternity.

Amen.



Consecration Prayer of St. Louis Mary de Montfort to Mama Mary in which Baptismal Vows Are Renewed

I, a faithless sinner,
renew and ratify today
in your hands,
O Immaculate Mother,
the vows of my Baptism.
I renounce forever Satan,
his pomps and works,
and I give myself
entirely to Jesus Christ,
the Incarnate Wisdom,
to carry my cross after him
all the days of my life,
and to be more faithful to him
than I have ever been before.
In the presence
of all the heavenly court,
I choose you this day
for my Mother and Mistress.
I deliver and consecrate to you,
as your slave,
my body and soul,
my goods, both interior
and exterior,
and even the value
of all my good actions,
past, present, and future,
leaving to you
the entire and full right
of disposing of me,
and all that belongs to me,
without exception,
according to your good pleasure,
for the greater glory of God,
in time and eternity.

Amen.



Consecration to the Immaculate Heart of Mary

By St. Pope John Paul II

Immaculate Virgin Mary,
Mother of God
and Mother of the Church,
we consecrate to you,
who try to come ever closer to us,
all of our being and all our love.
We also consecrate to you
our life, our work,
our joys, and our sorrows.
We entrust all that we have
and all that we are to your care,
our Lady and Mother.
Teach us to go continually to Jesus,
and if we fall,
help us to come back to him
by confessing our sins
in the sacrament of Reconciliation
which gives peace to the soul.
Hold us always lovingly
by your hand.
Amen.



The Memorare

Remember, O most gracious
Virgin Mary,
that never was it known
that anyone who fled
to your protection,
implored your help,
or sought your intercession
was left unaided.
Inspired with this confidence,
I fly unto you,

O Virgin of virgins, my Mother;
to you do I come,
before you I stand,
sinful and sorrowful;
O Mother of the Word Incarnate,
despise not my petitions
but in your clemency,
hear and answer me.
Amen.



Prayer To Break Seals and Consecrations

Make sure the victim first renounces all occult involvement three times in front of the Blessed Sacrament.

In the Name of Jesus,
I break the seal around you
and the consecration upon you.

(Repeat this prayer three times.)

And I command all spirits
associated with these seals
and consecrations
to go immediately and directly
to the foot of the cross.
O Most Holy Spirit,
enter into the empty spaces
left by these spirits
and fill *(State name of person)*
with your presence, love,
and protection.
Please do not allow
these spirits to return.

Prayer To Break Curses and Spells

This prayer is used when the victim has been a target of curses and spells.

In the Name of Jesus,

I break all curses sent against you
and all spells around you.

(Repeat this prayer three times.)

And I command all spirits
associated with these curses
and spells
to go immediately and directly
to the foot of the cross.
O Most Holy Spirit,
enter into the empty spaces
left by these spirits
and fill *(State name of person)*
with your presence, love,
and protection.
Please do not allow these spirits
to return.

Prayer To Break Unholy Ties

This prayer is used when the victim has had a long-standing relationship with person(s) involved with the occult or has communicated with “imaginary friends,” spirit guides, ascended masters, “elementals,” “wandering souls,” etc.

In the Name of Jesus,
I break any unholy ties, links,
and bondages
between *(State name of person)*
and all evil sources and spirits.

(Repeat this prayer three times.)

And I command all spirits
associated with these unholy ties,
links, and bondages
to go immediately and directly
to the foot of the cross.
O Most Holy Spirit,
enter into the empty spaces
left by these spirits
and fill *(State name of person)*

with your presence,
love, and protection.
Please do not allow
these spirits to return.



Prayer of Deliverance (I)

This is the standard prayer used by AMOE during deliverance sessions. It is important, especially if the minister is a priest, to lay one hand on the head of the victim. The hand used may be holding a crucifix or a relic of a saint. This prayer is said a few times as the minister watches for any reaction in the victim. After the prayers are said, the minister should ask what if any physical (headache, stomachache, etc.) and emotional (anger, fear, etc.) reactions the victim experienced and at what point in the session. This will help in discernment.

In the Name of Jesus of Nazareth,
through his tremendous power
as God
and through his most powerful
and salvific Name,
I rebuke, repudiate, bind,
and cast out all evil spirits.
I command all of you,
in the Name of Jesus,
to depart right now
from *(State name of person)*
and go immediately and directly
to the foot of the cross of Jesus
and never return.

O Most Holy Spirit,
fill all the empty spaces
left by the evil spirits
with your presence and love.
I consecrate *(State name of person)*
entirely to you,
O most Blessed Trinity,
through the intercession
of Mama Mary.
Amen.

Prayer of Deliverance (II)²

This is an alternative deliverance prayer; it can be used in conjunction with the above deliverance prayer. It has been adapted from its original format.

In the Name of Jesus Christ,
I command you, you spirit of *(name)*
to depart without doing harm
to *(name of victim)*
or anyone else in this place,
or in his/her family,
and without making any noise
or disturbance;
and I command you
to go straight to Jesus Christ
to dispose of as he will.
Furthermore, I command you
never again to return.

O Most Holy Spirit,
fill all the empty spaces
left by the evil spirits
with your presence and love.
I consecrate *(State name of person)*
entirely to you,
O most Blessed Trinity,
through the intercession
of Mama Mary.
Amen.



Prayer of Deliverance (III)

To be prayed by the victim:

Heavenly Father, I praise and thank you for all you have given me.
Please cover me with the protective, precious blood of your Son, Jesus
Christ, and increase your Holy Spirit in me with His gifts of wisdom,
knowledge, understanding, hunger for prayer, guidance, and
discernment to help me know your will and surrender to it more
completely.

Father, please heal my negative emotions and any wounds in my heart and spirit. Send the sword of your Holy Spirit to sever and break all spells, curses, hexes, voodoo, and all negative genetic, intergenerational and addictive material, past, present, or to come, known or unknown, against me, my relationships and family, finances, possessions, and ministry.

Father, I forgive and I ask forgiveness for my sins and failings and I ask that my whole person, body and mind, heart and will, soul and spirit, memory and emotions, attitudes and values lie cleansed, renewed, and protected by the most precious blood of your Son Jesus.

To be prayed by the minister:

In the Name, power, blood, and authority of Jesus Christ, I bind and break the power and effect in or around (*name*) of any and all evil spirits who are trying to harm him (*her*) in any way and I command these spirits and their companion spirits in the Name of the Father, the Son, and the Holy Spirit to leave him (*her*) peacefully and quietly and go immediately and directly to the Eucharistic presence of Jesus Christ in the closest Catholic Church tabernacle, to be disposed of by Jesus and never again return to harm him (*her*).

Dear Holy Spirit, please fill up any void in (*name*) to overflowing with your great love. All this, Father, I pray in the Name of Jesus Christ by the guidance of your Holy Spirit. Immaculate Heart of Mary, spouse of the Holy Spirit, please pray for me and with me. Amen.



Prayer of Deliverance (IV)

Lord, almighty, merciful, and omnipotent God, Father, Son, and Holy Spirit, drive out from (*name*) all influence of evil spirits. Father, in the name of Jesus Christ, I plead you to break any chain that the Devil has on him (*her*).

Pour upon (*name*) the most Precious Blood of your Son. May his immaculate and redeeming Blood break all bonds of his (*her*) body or mind. I ask you this through the intercession of the Blessed Virgin Mary. Archangel Saint Michael, intercede and come to his (*her*) help. In the Name of Jesus, I command all demons that could have any influence over (*name*) to leave him (*her*) forever. By his scourging, his crown of thorns, his cross, by his blood and resurrection, I command all evil spirits

to leave him (*her*).

By the true God, by the Holy God, by God who can do all, in the Name of Jesus my Saviour and Lord, leave him (*her*).

Amen.



Exorcism Prayer

by Pope Leo XIII

This is another standard prayer used by AMOE during deliverance sessions. It can be used for both persons and places. A new ruling from the Vatican states that the prayer may only be prayed by priests.

P: *Priest*

R: *Response*

P: With the Immaculate Virgin Mary, Mother of God, with Saint Michael the Archangel, with the blessed apostles Peter and Paul, and all the saints, we confidently undertake to repulse the attacks and deceits of the devil.

Psalm 68

P: God arises, his enemies are scattered and those who hate him flee before him. As smoke is driven, as wax melts before the fire, so the wicked shall perish at the presence of God.

P: Behold the cross of the Lord, flee bands of enemies. (*The priest raises the crucifix.*)

R: He has conquered, the lion of the tribe of Judah, the offspring of David.

P: May your mercy, Lord, descend upon us.

R: Great is our hope in you.

P: O Saint Michael, the Archangel, be our defense against the wickedness and snares of the devil. May God rebuke him, we humble pray, and do you, O prince of the heavenly host, by the power of God, bind into hell Satan and all the evil spirits who prowl about the world, seeking the ruin of souls.

R: Amen.

(Each time the cross [†] appears, the priest blesses the person or place with the crucifix and everybody else makes the sign of the cross.)

P: We drive you from us, whoever you may be, unclean spirits, all satanic powers, all infernal invaders, all wicked legions, assemblies, and sects, in the Name and by the power of our Lord, Jesus Christ (†) may you be snatched away and driven from the Church of God and from the souls made after the image and likeness of God and redeemed by the precious blood of the Divine Lamb. Most cunning serpent, you shall no more dare to deceive the human race, persecute the Church, torment God's elect and sift them as wheat (†). The Most High God commands you (†). He whom in your great insolence you still claim to be equal, "Who will have all men to be saved and come to the knowledge of the truth" (1 Tm 2:4). God the Father commands you (†). God the Son commands you (†). God the Holy Spirit commands you (†). Christ, God's Word made flesh, commands you (†). He who, to save our souls, "humbled himself becoming obedient even unto death" (Phil 2:8). He who has built his Church on the firm rock and declared that the gates of hell shall not prevail against the Church, because he will dwell with her "all the days even to the end of the world" (Mt 28:20). The sacred sign of the cross commands you (†) as does the power of the mysteries of the Christian faith (†). The glorious Mother of God, the Virgin Mary, commands you (†). She who, by her humility and from the first moment of her Immaculate Conception, crushed your proud head (†). The faith of the holy apostles Peter and Paul and the other apostles command you (†). The blood of the martyrs and the pious intercession of all the saints command you (†). Thus, cursed dragon and you, diabolical legions, we adjure you by the living God (†), by the true God (†), by the holy God (†), by the God who so "loved the world that he gave his only begotten Son, that every soul believing in him might not perish but have life everlasting" (Jn 3:16). Stop deceiving human creatures and pouring out to them the poison of eternal damnation! Stop harming the Church and hindering her liberty! Be gone, Satan, inventor and master of all deceit, enemy of man's salvation! Give place to Christ in whom you have found none of your works. Give place to the one, holy, catholic, and apostolic Church acquired by Christ at the price of his blood. Stoop beneath the all-powerful hand of God, tremble and flee when we invoke the holy and terrible Name of Jesus! This Name which causes hell to tremble, this Name to which the virtues, powers, and dominations of heaven are humbly submissive. This Name which the cherubim and seraphim praise unceasingly, repeating, "Holy, Holy, Holy is the Lord the God of Armies!"

P: O Lord, hear my prayer.

R: And let my cry come upon you.

P: The Lord be with you.

R: And with your spirit.

P: God of heaven, God of earth, God of angels, God of archangels, God of patriarchs, God of prophets, God of apostles, God of martyrs, God of confessors, God of virgins, God who has power to give life after death and rest after work, because there is no other God than you, and there can be no other. For you are the Creator of all things visible and invisible, of whose reign there shall be no end, we humbly prostrate ourselves before your glorious majesty and we beseech you to deliver us through your power from all the tyranny of the infernal spirits, from their snares, their lies, and their furious wickedness. Deign, O Lord, to grant us your powerful protection and to keep us safe and sound. We beseech you through Jesus Christ, our Lord. Amen.

P: From the snares of the devil,

R: Deliver us, O Lord.

P: That your Church may serve you in peace and liberty,

R: We beseech you, hear us.

P: That you may crush down all enemies of your Church,

R: We beseech you, hear us.

Healing of Body, Mind, and Spirit³

This is another standard prayer used by AMOE. It is used when extraordinary demonic attack goes hand in hand with psychological and/or physical illness.

Dear Lord,
I know that there is no sickness
that you cannot heal.
You know all things,
you can do all things,
and you love *(Name of person)*.
With faith in your promise
that whatever we ask in prayer,
you will grant us
if it will be good for our soul.
I come before you
to ask for healing of body, mind,
emotions, and spirit for

(Name of person).

Touch him/her now
where he/she is hurting most.
Only you know what kind of healing
he/she needs most right now.
Let the grace of your divine love flow
and spread to the different parts
of his/her body
reaching the inner recesses
of his/her being.
Comfort him/her
in his/her pain and anguish.
Correct any malfunctioning
of his/her body organs.
Melt with your healing love
any abnormal growths.
Arrest all further spreading
of all sick cells
and replace them
with healthy cells.
Root out all unresolved hurts,
resentments, fears,
and feelings of despair
and frustration.
Heal all painful memories
and repercussions of traumatic experiences.
Grant him/her the grace
to accept this trial and suffering
as a share in your own sufferings
and offer this for the salvation
of his/her soul
and those of his/her family
and loved ones.
Forgive him/her for all his/her sins
and fill him/her
with your love, peace,
joy, kindness, and generosity.
Let him/her realize
the deeper meaning
of his/her sickness and trial
and lead him/her closer to you
as he/she finds comfort
in your loving heart.

Let him/her find joy and peace
amidst his/her suffering,
and with eyes of faith,
see the blessing and victory
that await him/her.
And then, Father,
after he/she has been healed,
may he/she be a witness
of your healing power and
bring glory, honor,
and praise to you.
This we pray in Jesus' Name
through Mary and all the saints.
Amen.



Prayer for Physical Healing

This prayer although in the first person may be adapted for second person use by adding the name of the person being prayed over.

Jesus, you are the wounded healer, heal me through your wounds. You are the God, the Ultimate, who alone can heal me. You are Divine Medicine. O Lord! Just say one word, and I shall be healed. Jesus, forgive all my sins and iniquities through your shed blood. Have mercy on all my ancestors. O Jesus! Send your Holy Spirit upon me and liberate me from all bondage. Jesus, my only Savior, deliver me from all my sins and sickness. Mother Mary, Mother of Good Health, I cry out to you for your prayers for the mercy of your Son to heal me right now! Thank you Mother Mary. Thank you Jesus, Thank you Abba, Father, and Thank you Holy Spirit.

Cleansing Prayer⁴

This prayer is said after the deliverance session. Cleansing prayers are prayers to God for protection against demonic retaliation after one has entered and won in spiritual combat against the forces of darkness.

Heavenly Father,
in the Name of Jesus Christ
our Lord and Savior,

by the power of the Holy Spirit,
we pray that the cleansing power
of the precious blood of your Son
come upon us right now.

Purify us and wash us clean
with the blood of Jesus
from the top of our heads
down to the very soles of our feet.

Let this blood penetrate
the very marrow of our bones
to cleanse us
from any entanglement
from whatever spirit
we have come in contact with
during the course
of our intercession.

Anoint us with the gifts
of the Holy Spirit
and refresh our body,
soul, and spirit.
And may the sign
of your holy cross
drive away all evil spirits from us.
In the Name of the Father (†)
and of the Son
and of the Holy Spirit.
Amen.

Cleansing Prayer for Deliverance Minister for Cleansing⁵

This prayer is an alternative prayer.

Lord Jesus,
thank you for sharing with me
your wonderful ministry
of healing and deliverance.
Thank you for the healings
I have seen and experienced today.

But I realize that the sickness
and evil encounter
are more than my humanity can bear.
So cleanse me of any sadness,
negativity, or despair
that I may have picked up.

If my ministry has tempted me
to anger, impatience, or lust,
cleanse me of those temptations
and replace them
with love, joy, and peace.
If any evil spirits
have attached themselves to me
or oppress me in any way,
I command you,
spirits of earth, air, fire, or water,
of the netherworld or of nature,
to depart now
and go straight to Jesus Christ,
for him to deal with as he will.

Come, Holy Spirit,
renew me, fill me anew
with your power, love, and joy.
Strengthen me
where I have felt weak
and clothe me with your light.
Fill me with life.

And Lord Jesus,
please send your holy angels
to minister to me and my family,
and to guard and protect us
from all sickness, harm,
and accidents
(and guard me on a safe trip home, and grant us a peaceful night's rest).
I praise you now and forever,
Father, Son, and Holy Spirit!
Amen.



Te Deum: Prayer of Praise

This powerful prayer is prayed after ministering to someone who needs healing or deliverance to give thanks to God and center all glory to him. It is also prayed after personal prayers for protection, deliverance, or healing. It is recommended that this prayer be prayed regularly because it is our loving duty as his children to continually give praise to God which greatly pleases him. It should be remembered that the devil hates prayers that give praise to God, hence this prayer, when prayed with full fervor and zeal, expels his presence from an area.

You are God: we praise you;
you are the Lord: we acclaim you;
you are the Eternal Father:
all creation worships you.
To you all angels,
all the powers of heaven,
cherubim and seraphim,
sing in endless praise:
Holy, holy, holy, Lord,
God of power and might,
heaven and earth
are full of your glory.
The glorious company
of apostles praise you.
The noble fellowship
of prophets praise you.
The white-robed army
of martyrs praise you.
Throughout the world
the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son,
worthy of all worship,
and the Holy Spirit,
advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man
to set us free,
you did not spurn
the Virgin's womb.
You overcame the sting of death,
and opened the kingdom of heaven
to all believers.

You are seated
at God's right hand in glory.
We believe that you will come,
and be our judge.
Come then, Lord,
and help your people,
bought with the price
of your own blood,
and bring us with your saints
to glory everlasting.
Amen.

Rules for Deliverance of Places and Objects

“The Lord gives the signal for us to stand guard in camp, to build the tower for which we may be able to discern and ward off the enemy of our eternal life. The heavenly trumpet of Christ urges the soldier on to battle.”

—St. Augustine

Some General Rules for Discernment of a Place

1. Try to eliminate first and foremost all natural explanations for the paranormal occurrences in the place.
2. Interview more than one witness to gain a more objective view of the occurrences; also two or more witnesses to the paranormal manifestations give more reliability that what is occurring is not something merely psychological.
3. Answer the following questions. A positive answer to these questions would give greater credibility that one is dealing with an infestation and will also help in determining how to proceed:
 - a. Did any occult/spiritist/pagan activity occur within the vicinity recently? Examples are feng shui, witchcraft, sorcery, spellcasting, spirit questing, séance, and *padugo*?
 - b. Did a tragedy like death or murder occur recently within the vicinity?
 - c. Did someone just arrive in the place? If yes, check whether he is or was involved in occult/animist/spiritist activities.
 - d. Was there something new added to the place? like an antique mirror, old painting, “good luck” figurine, New Age crystals and stones or pagan god statue? They could have evil spirits attached to them.

- e. Was there a tampering or renovating of the place or the surrounding area recently? Examples would be the cutting of old large trees around the place and cleaning out the basement or attic. Territorial fallen angels in nature commonly known as “elementals” could be reacting.
 - f. Did any traumatic event occur recently within the vicinity? Examples are physical violence and rape.
 - g. Did any sinful activity occur recently? Examples are drug sessions and homosexual encounters.
 - h. Had the residents quarreled or had a misunderstanding with someone who has access to witchcraft/sorcery?
4. It would also be good to check the history of the place; what was the place before the dwelling was constructed? a mass graveyard during the war? a place which was forested and known to be infested with “elementals”? a positive answer to these questions would give greater credibility that one is dealing with an infestation.
5. If it has been discovered that the infestation is connected with a person living in the house or place, he must be addressed first. It has happened that when the evil spirits attached to a person had been expelled, all paranormal activity in the place also ended.
6. After the interview, make a plan of action for the residents which would include:
- a. If present, all ongoing sinful/occult/animist activities must be stopped.
 - b. If present, all occult and infested objects like Ouija boards, amulets, talismans, good-luck figurines, and pagan god statues must be disposed of.
 - c. The persons residing in the place, if they have taken part in these sinful/occult/animist activities, must confess them to a priest and also renounce them three times in front of the Blessed Sacrament if they are occult/animist in nature.
 - d. The persons residing in the place must prepare and protect themselves spiritually before the deliverance of the place.
 - Mass is offered for their protection and for the liberation of the place.
 - Confession of all to be in the state of grace and therefore protected.
 - Daily communal/family Rosary to seek the intercession and protection of Mama Mary.

- Marian consecration of the entire community/family.
 - Wearing personal sacramentals like the Saint Benedict's medal and the Scapular.
 - For each person: using holy water on oneself before going to bed and placing exorcized salt around the perimeters of the bedroom(s).
- e. The inhabitants also prepare the following for the scheduled deliverance/blessing: water, rock salt, and candles (for the blessing); they may add a number of religious statues, medals, pictures, and crucifixes to be blessed during the session and placed around the place after the deliverance and blessing.

Guidelines for the Deliverance Session

A priest and a trained team are assumed to be ministering the house deliverance and blessing.

1. The team prepares a Mass kit (if there is the decision to celebrate Mass), a thurible including charcoal and incense (if there is the decision to use incense), a book of blessings, a manual of deliverance prayers, and the sacramentals to be used. A Mass is recommended for serious cases of infestation.
2. If a Mass is celebrated, begin with it. Offer it for everyone's protection and for the blessing and deliverance of the place from all demonic forces.
3. After the Mass, bless the water, rock salt, candles, and incense. Bless also all religious statues, crucifixes, pictures, and medals that have not yet been blessed.
4. Begin the deliverance of the place with prayers to the Holy Spirit for guidance and strength for the whole team. You may use one's own words.
5. Call upon the protection of Mama Mary for all those present as well as for everyone's loved ones and possessions. You may use one's own words.
6. Call upon the intercession and assistance of all the saints and the angels, especially Saint Michael. You may also use one's own words.
7. With a crucifix in one hand, pray the Prayer of Pope Leo XIII, which is

very effective against infesting spirits, or any other deliverance prayer.

8. Then start to move around the house or place, going from room to room; prayers of deliverance (you may pick one of the deliverance prayers found in this handbook but adapt them for a place) are prayed in each of the rooms of the house. While the prayers are being said, sprinkle the surroundings with holy water. The rite for each room concludes by calling upon the Holy Spirit and the warrior angels to reside and protect the newly delivered location.
9. Another person sprinkles the exorcised salt around the perimeters of the room, on the windowsills (this is also to prevent evil spirits from the outside to enter into the place, especially at night), and doorways.
10. Incense the room after the exorcised salt has been sprinkled. The use of incense is optional.
11. It would help to establish the precise locations of the paranormal disturbances so that more deliverance prayers are directed there and more sacramentals are placed there (ex. a particular room, corner, or furniture). To assist the priest in locating these areas of infestation, the residents should prepare beforehand a list of the precise spots where paranormal activities were seen to have occurred. Charismatic individuals who are sensitive to evil spirits are also very helpful in determining these locations.
12. Know the preferences of evil entities within a home or place and focus deliverance prayers and the use of the sacramentals on these locations:
 - a. areas which are smelly and dirty like toilets, garbage areas, and the like;
 - b. darkly lit rooms and corners;
 - c. damp and unoccupied areas of the house or place such as bodegas, attics, unoccupied rooms, and the basement.
13. After all the rooms have been cleansed, the blessing of the house or place follows. Use the standard ritual for blessing of places.
14. After the blessing, a consecration to the Hearts of Jesus and Mary is done. The residents must be the ones who pray the consecratory prayers.

15. Finally, a thanksgiving prayer is made to God, Mama Mary, the saints, and the angels.

After the Deliverance Session

1. The residents of the place should start to develop their spiritual life as well as have time for prayers in common such as the Rosary and the Chaplet of the Divine Mercy.
2. They also have to remember that sin is the greatest opening for the demonic to enter into their home/place and sanctity is the greatest protection. The residents, therefore, strive to live lives pleasing to God.

Infestation of an Object

Instruction for priests

1. Included among infested objects are amulets, talismans, good-luck charms, New-Age stones and crystals, wands, objects used in hexing and cursing, and idolatrous statues and objects.
2. They must be sprinkled with holy water while a prayer of deliverance is made over them.
3. If they can be burned, burn them. While the object is burning, one prays the *Our Father*. Afterwards, the ashes are thrown in outdoor running water like in a river.
4. If they cannot be burned, after the deliverance prayer, they are thrown in outdoor running water. Make sure that they are thrown in an area where they would not be found.
5. Do not forget to wash one's hands with holy water after handling such objects.
6. How does one deal with infested objects of nature such as a tree or mound of earth where "elementals" have been seen to dwell? Here are the steps to follow:
 - a. Call upon the protection of Mama Mary for oneself, one's loved ones, and also one's possessions. Call upon the intercession and assistance of all the saints and the angels, especially Saint Michael.

- b. With a crucifix in one hand, pray a deliverance prayer over the object.
- c. Sprinkle holy water and exorcised salt on the object and the surrounding area.
- d. If appropriate, you may afterwards place a sacramental on the object such as a Saint Benedict's medal or a crucifix (blessed, of course).

Prayers for Places and Objects

Prayer of Blessing for Buildings

This prayer may be used regularly by the inhabitants of a place, whether it be a single room, a house, or an office. It would be better if the inhabitants pray this together as a family or a community because the more people praying with faith, the greater the faith, and hence, also the protection and blessings of God. One must be careful that the habitual praying done does not degenerate into mere lip service due to routine. It is highly recommended that holy water is sprinkled around after the prayer is said.

O Father, come and visit
our home (*shop, office, etc.*)
and protect us
from the lures of the enemy.
May your holy angels come
to guard our peace
and may your blessing
remain with us forever.
In Christ, our Lord.

R: Amen.

Lord Jesus Christ,
who said to your apostles,
“In whatever home you enter, greet it,
saying, ‘Peace be in this home.’ ”
Let this same peace, we pray,
abide in this place.
We beseech you to sanctify it
by the merits of our trusting prayer.

Pour your blessings on it,
and make it a place of peace.
May salvation enter our abode

as it entered the house of Zacchaeus,
when you graced it
with your presence.

Entrust your angels to guard it
and banish from it every evil power.
Grant that all who live in it
may please you
with their good works,
and so receive from you,
when their time comes,
the reward of your heavenly home.
We ask this
through Christ, our Lord.

R: Amen.

Prayer To Ward Away Spiritual Disturbance

This prayer to St. Michael can be used especially by families when they begin to experience some form of paranormal manifestations in their home. Remember that deep faith and unwavering trust in the intercessory power of Saint Michael who defeated Satan is of primary importance. It is highly recommended that holy water is sprinkled around after the prayer is said.

O glorious Saint Michael
the Archangel,
your presence reminds us
that the devils
do not only remain in hell.
They are with us
and they continue to disturb us.
We feel their presence in this place
and they have not ceased
to disturb us
through inexplicable events.
We ask you, Prince of the Angels,
to come to our rescue
and expel the evil spirits
that haunt this place.
May your sword frighten them.
We know that the presence
of evil spirits

invites us to moral conversion.
The spirit of darkness
could not stay in places
of Jesus' authentic disciples.
We promise to make
a daily examination of conscience,
to strengthen our will
for the combat against sin.
We commit ourselves to your side,
and to your powerful determination
that led to the defeat of Satan
and his followers.
Stay with us, Saint Michael,
so that your presence may remind us
to be faithful disciples of Jesus.
Amen.

Entrustment of the Home to Mary, Help of Christians

A very powerful prayer when prayed with faith so that one's home may be protected from spiritual and physical evils. It must always be remembered that family prayer done together (ex. the Rosary) and at regular times plus the living of true Christian lives is part and parcel of the effectiveness of this prayer. The best way to please Mama Mary is the imitation of her virtues.

Most Holy Virgin Mary,
appointed by God
to be the Help of Christians,
we choose you as the Mother
and Protectress of our home.
We ask you to favor us
with your powerful protection.
Preserve our home
from every danger;
from fire, flood, lightning,
storms, earthquakes,
thieves, vandals,
and from every other danger.
Bless us, protect us, defend us,
keep us as your own,
all the people who dwell
in this home.

Protect them from all accidents
and misfortunes,
but, above all, obtain for them
the most important grace
of avoiding sin.
O Mary, Help of Christians,
pray for all those
who live in this home
which is entrusted to you
for all time.
Amen.

A Prayer for a Home Troubled by Evil Spirits

This prayer is used by priests for the liberation of a place from unclean spirits. It can take the place of the Exorcism Prayer of Pope Leo before the blessing of the place.

V. Let us pray to the Lord.

R. Lord, have mercy.

O (†) Lord God of our salvation, Son of the Living God, who is borne by the Cherubim, being above all dominions, principalities, authorities, and powers: You are great and fearsome to all around you. You are the One who set the heavens like a vault and made the earth in your might; who directs the universe in your wisdom. When earthquakes occur under heaven from the foundations, its pillars are unshaken. You speak and the sun does not shine. You sealed the stars. You forbade the seas and dried them up. Authorities and dominions hide from your wrath, and the rock trembles before you.

You obliterated the gates of brass and demolished the bars of iron, you bound the mighty one and smashed his vessels. By your (†) Cross you cast down tyrants and drew in the serpent with the hook of your humanity. Having cast him down, you bound him with hooks in the gloom of Tartarus.

As the same Lord, the Hope of those who place their confirmation on you, and the Wall of might for those whose expectation is in you, anathematize, drive away, and transform all diabolical actions and all satanic indictments, all slanders of the Adversary, and of the powers lying under this roof. Free those bearing the (†) Sign, which is awesome against demons; the Cross of your victory, and calling upon your

gracious Name, from possession by him and from those wandering about under this roof.

Yes, Lord, you drove away legions of demons, and the demons and unclean spirits by which the deaf and dumb were held. These you commanded to depart and not to return. You have consumed all the armies of our invisible enemies, and have made wise the faithful who have known you. For you said, "Behold, I give you power to trample underfoot snakes and scorpions, and all the power of the enemies" (*Lk 10:19*).

Preserve, O Master, all who live in the house from all harm and every temptation from below, delivering them from fear of the feeble one and the arrows that fly by day, from things proceeding from the darkness and attacks by demons at midday. Let your servants and your children, delighting in your help, and preserved by the armies of angels, faithfully sing with one accord, "The Lord is my Helper and I will not be afraid; what can man do to me?" (*Ps 117:6*) and again, "I will fear no evil, for you are with me" (*Ps 22:4*).

As you are my Confirmation, O God, Mighty Master, Prince of Peace, and Father of the age to come, for your Kingdom is an eternal Kingdom, to you alone is the Kingdom, and the Power, and the Glory, with the (†) Father and the Holy Spirit, now and ever unto ages of ages.

Angel Prayers

“Make friends with the angels, who, though invisible, are always with you. Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs.”

—St. Francis de Sales

“When tempted, invoke your angel. Ignore the devil and do not be afraid of him; he trembles and flees at your guardian angel’s sight.”

—St. John Bosco

“Our guardian angels are our most faithful friends, because they are with us day and night, always and everywhere. We ought often to invoke them... What joy it is to know that when we go out of the house, we are never alone en route.”

—St. Jean Marie Vianney

“Have great devotion to this good angel. How consoling it is to know that near us is a spirit who, from the cradle to the tomb, does not leave us even from an instant, not even when we dare to sin. And this heavenly spirit guides and protects us like a friend, a brother.”

—St. Padre Pio of Pietrelcina

Prayer to Saint Michael for Protection (I)

O Saint Michael the Archangel,
enlighten us with your light,
protect us with your wings,
defend us with your sword.

O Saint Michael the Archangel,
defend our home from demons,

and from their wickedness,
and defend it from evil
committed by people of the earth.

O Saint Michael the Archangel,
defend us in battle,
so that we may not perish
in the last judgment.
Amen.

Prayer to Saint Michael for Protection (II)

Saint Michael, the Archangel,
help us against the evils
which threaten the salvation
of our souls.
Guide us to build up
our spiritual life,
and assist us with the means
of obtaining graces, virtues,
gifts of the Holy Spirit,
and the sacraments,
which keep us
in a holy state at all times.

Saint Michael,
place your sword at my door;
and at the foot of my bed;
in front of my car when I drive;
and by my side when I walk;
and guard and protect me
against all evil
and all temptation.
Amen.

Prayer to Saint Michael for Protection (III)

Saint Michael,
we beg that you accompany us
along with all the holy angels
that God has placed to guard
and assist us in our lives.

We beg that you give us
the victory of Christ against evil.
Put us under the shadow
of your protective wings
and with your sword,
defeat God's enemy
who wishes to destroy us.

Help us, Saint Michael
the Archangel,
to attain the salvation of our souls
and victory in all our battles.
Amen.

Prayer to Saint Michael for Protection (IV)

Dear Saint Michael, the Archangel, protect us, both body and soul from the Evil One, his followers and anyone who would approach us with malicious intent.

Protect us, our bodies, and our cars as we travel about in our daily activities. Protect us, our bodies, our home, our property and possessions from all demonic retaliation.

Father, if there are unholy angels in, on, near or around us, we nail and hold them fast and silence them. We decommission, bind and encapsulate them through the Power of the Shed Blood of Your Son, Jesus Christ. We bring them to your presence immediately Lord to deal with as you see fit. May you fill any empty spaces and lonely places within us with your love and your light. Thank you Father, in Jesus' name. Amen.



Prayer to Saint Michael, the Archangel

Prince of the heavenly hosts,
conqueror of the dragon,
you received from God
the force and power
to destroy in the name of humanity
the pride of the prince of darkness.
We beg you incessantly

to teach us how to live
authentic humility,
so that our hearts may shed off
all traces of pride.
Light our way
with your flaming sword of courage,
so that we may stand firm
in moments of sufferings and need.
When you fought Lucifer
and his angels,
you relied on your unwavering trust
and surrender to God.
In our moments of anxiety
and depression,
inspire us to believe
that only Jesus will save us,
that once we surrender to him,
meditate and believe in his words,
our sword of faith
will also become burning like yours,
cutting the enemy to pieces
and lighting our way
to the Father's house.
Amen.

Saint Michael Prayer

“May prayer strengthen us for the spiritual battle we are told about in the Letter to the Ephesians: ‘Draw strength from the Lord and from his mighty power.’ The Book of Revelation refers to this same battle, recalling before our eyes the image of Saint Michael the Archangel. Pope Leo XIII certainly had a very vivid recollection of this scene when, at the end of the last century, he introduced a special prayer to Saint Michael throughout the Church. Although this prayer is no longer recited at the end of the Mass, I ask everyone not to forget it and recite it to obtain help in the battle against the forces of darkness and against the spirit of this world.”

—St. Pope John Paul II

Saint Michael, the Archangel,
defend us in our hour of battle.
Be our safeguard

against the wickedness
and snares of the devil.
May God restrain him,
we humbly pray; and you,
O Prince of the heavenly host,
by the power of God,
cast Satan into hell
and with him all the evil spirits
who wander through the world
seeking the ruin of souls.
Amen.



Prayer to Saint Gabriel for Intercession

O Blessed Archangel Gabriel,
we beseech you, intercede for us
at the throne of mercy
in our present necessities,
that as you announced to Mary
the mystery of the Incarnation,
so through your prayers
and patronage in heaven
we may obtain
the benefits we seek
and sing the praise of God
forever in the land of the living.
Amen.



Prayer to Saint Raphael for Healing

Saint Raphael,
who stand before the throne of him
who lives and reigns.
Angel of health!
The Lord has filled your hand
with balm from heaven
to soothe or cure our pains.
Heal or cure
the victim of disease

that I pray for now,
and guide our steps in prayer,
and when doubtful of our ways!
Amen.



Guardian Angel Prayer (I)

Angel of God,
my guardian dear,
to whom God's love
commits me here,
ever this day (or night)
be at my side,
to light and guard,
to rule and guide.
Amen.

Guardian Angel Prayer (II)

Angel of God, my holy protector,
given to me from heaven by God,
for my protection,
I fervently beseech you:
enlighten me and preserve me
from all evil,
instruct me in good deeds
and direct me
on the path of salvation.
Amen.



Guardian Angel Prayer (III)

Dear Angel,
in his goodness,
God gave you to me to guide,
protect, and enlighten me,
and to bring me back
to the right way

when I go astray.
Encourage me
when I am disheartened,
and instruct me
when I err in judgment.
Help me to become more Christlike,
and so, someday to be accepted
into the company of the angels
and saints in heaven.
Amen.



Prayer for Protection to the Holy Angels

Holy angels,
God sent you
to protect and guide us.
We invite you in the Name of God,
one in three Persons,
Father, Son, and Holy Spirit,
to come to our help.

O blessed angels,
take care of us so that evil
may not come near us,
so that sin may not destroy us,
and that we may always serve Jesus
who never abandons us.

We invite you to help us
because we have received
as inheritance the blood
of our Lord and King,
Jesus Christ,
and the heart of
the Immaculate Virgin Mary,
Queen of Angels.

May you inspire us
to seek God's presence
and evade the steps of evil.
Carry our prayers
in the presence of the Most High,

and guard us from words
and actions that glorify
our common enemy, Satan,
and his devils.
Amen.

Marian Prayers

“Modern times are dominated by Satan and will be more so in the future. The conflict with hell cannot be engaged by men, even the most clever. The Immaculata (Mama Mary) alone has, from God, the promise of victory over Satan. She seeks souls who will consecrate themselves entirely to her, who will become, in her hands, effective instruments for the defeat of Satan and the spreading of God’s kingdom upon earth.”

—St. Maximilian Kolbe (martyred during the Second World War by the Nazis)

“While Mary is present, the evil one is absent.”

—St. Louis de Montfort

“Recourse to Mary, then, is the surest way of overcoming all the attacks of hell.”

—St. Alphonsus Liguori

“The power of Mary over all the devils will especially shine forth in the latter times, when Satan will lay his snares against her heel: that is to say, her humble slaves and poor children, whom she will raise up to make war against him. They shall be little and poor in the world’s esteem, and abased before all, like the heel, trodden underfoot and persecuted as the heel is by other members of the body. But in return for this they shall be rich in the grace of God, which Mary shall distribute to them abundantly. They shall be great and exalted before God in sanctity, superior to all creatures by their lively zeal, and so well sustained with God’s assistance that, with the humility of their heel, in union with Mary, they shall crush the head of the devil and cause Jesus Christ to triumph.”

—St. Louis de Montfort

Prayer to the Blessed Virgin Mary (I)

My Mother,
you who always remain
with open arms,
imploping your Divine Son
for mercy and compassion
for the poor and needy,
ask him to give me
his holy love,
his holy fear,
and his holy grace,
and grant that I may never commit
a mortal sin.
Grant me the grace, O my Mother,
to have for my good Jesus
the love and trust
that the saintly should have,
and that my faith, hope,
and love may grow,
and I ask you, my Mother,
to teach me to accomplish
his divine will at all times.

Holy Virgin,
bless my family and deliver it
from all evil.
Help all dying sinners
and ask your Divine Son
to forgive them and free them
from the torments of hell.
Intercede for us, my Mother,
before your Divine Son
so that the whole world
may be saved.
Pray, Mother of mine,
for our beloved country,
and free it from the evils
which threaten it.

Finally, I ask you to pour forth
on our souls the shining rays
of mercy

of the good Lord Jesus,
and to be close to me
in all the dangers
I shall encounter in life.
Amen.

Prayer to the Blessed Virgin Mary (II)

Most Holy Immaculate Virgin
and my Mother Mary,
who are the Mother of my Lord,
the Queen of the world
and the advocate, hope,
and refuge of sinners,
I, a miserable creature on earth,
turn to you today.
I venerate you, O great Queen,
and thank you for all the graces
which you have given me until now;
above all, for having saved me
from being lost.
I love you, most lovable Lady;
and for the love I have for you,
I promise to want
to serve you always,
and to do all I can,
so that you may be loved
by others, too.
I have placed all my hopes
and health in the hands of Jesus
and now wish to place them
in your hands, too.
Accept me as your servant,
and take me under your mantle,
O Mother of Mercy.
And as your intercession
is so powerful before God,
I ask you to deliver me
from all temptations;
or at least, give me the strength
to overcome them until my death.
Amen.



August Queen of Angels

On the 13th of January, 1863, a soul accustomed to receiving favors from the Virgin Mary was suddenly struck by a ray of divine light. She believed that she saw demons, throwing themselves upon the earth, causing ruins and incredible massacres. At the same time, the Holy Virgin appeared, saying that demons had indeed broken loose in the world and the time had come to invoke her as Queen of Angels and to ask her to send legions of angels to combat and annihilate the powers of hell. The soul addressed the Virgin with the following words: "O my Mother, you who are so good, could you not send your angels without us having to ask you?" "No," the Virgin replied, "prayer is a condition established by God himself to obtain graces." "Then, Mother," said the soul, "would you like to teach us how we should pray to you?" And the Most Holy Virgin dictated this prayer to her: "O august Queen..."

O august Queen
and our Lady of Angels,
who received from God
the power and mission
of crushing the head of Satan,
we humbly beg you
to send us heavenly legions,
with Saint Michael
the Archangel as head
so that under your orders
they may chase the demons,
combat them everywhere,
repress their boldness,
and drive them back into the abyss.

"Who is like God?"
O good and tender Mother,
you shall always be our love
and our hope.

O Divine Mother,
send your holy angels
to defend us,
and to drive away from us
the cruel enemy.
Holy angels and archangels,

defend us and guard us.
Amen.

Consecration of the Sick to Our Lady (I)

When praying to Mama Mary for healing, we must have the heart of a child speaking to the tenderest of mothers. It would be good to imagine how a child would approach his loving mother; his heart filled with confidence and love and his words spontaneous and sincere. Let us emulate this in our own hearts before beginning to pray.

O Virgin Mary,
Mother of God and my Mother,
who was present at the crucifixion
and death of your Son Jesus
on the hill of Calvary,
have mercy on this poor
suffering body of mine
and, through the merits
of your sorrows,
grant me relief and comfort.
Amen.

Consecration of the Sick to Our Lady (II)

O Virgin Mary,
Mother of God and my Mother,
who witnessed many sick people
being healed by the sacred hand
of your Son Jesus,
grant me faith
in his merciful omnipotence,
so that if it be his will,
he may give me the gift
of health and serenity.
Amen.

Spiritual Warfare Prayers

The individual prayers are used according to the particular circumstances or needs that arise. It would be good to add one's own words from time to time while reciting these prayers so that they may continue to flow from one's heart and not degenerate into mere lip service. Do not also forget to use holy water whenever possible while reciting these prayers. It may be used on oneself or others by tracing a small sign of the cross on the forehead with fingers dipped in holy water or the holy water may be sprinkled around the area.

"This is the time when throughout the world the Christian battle line must combat the raging devil... now is the time to be equipped in spiritual arms and aroused by the heavenly trumpet, to enter the battle."

—St. Pope Leo the Great

Prayer to Our Lord Jesus Christ for Deliverance from Evil

To be prayed by the victim

O Lord Jesus (†) Christ, Son of God, for the sake of your most honourable Mother, your fleshless Angels, your Prophet and Forerunner and Baptizer, and of all the God-inspired Apostles, of the radiant and victorious Martyrs, of the holy and God-bearing Fathers, and by the prayers of all the Saints, deliver me from the besetting presence of the devil. My Lord and Creator, who desires not the death of the sinner, but that he should repent and live, grant also conversion to me, who am wretched and unworthy; snatch me from the jaws of the pernicious serpent, who is ravening to devour me and drag me down to Hell alive. My Lord, my Comfort, who was clothed in corruptible flesh for my miserable sake, deliver me from misery and grant comfort to my soul. Implant in my heart to fulfill your commandments, and to forsake my evil

deeds, and to receive your joys. Save me, for I hope in you, O Lord.
Amen.

Prayer to Our Lord Jesus

This is a powerful personal prayer when prayed with faith. It is prayed when a person believes that he is undergoing some form of demonic oppression and obsession.

O Jesus, my Savior,
my Lord and my God,
my God and my All,
who, through the sacrifice of
the cross,
redeemed us and overcame
the power of Satan,
I beseech you to free me
from every harmful presence
and influence of evil.

I ask this in your Name;
I ask this for the sake
of your wounds,
I ask this through your blood,
I ask this for the sake
of your cross,
I ask this through
the intercession of Mary,
Immaculate and Virgin,
our Lady of Sorrows.
May the blood and water
which gushed forth
from your side
flow down upon me
to purify, free,
and heal me.
Amen.



Prayer against Every Evil

Spirit of our God,
Father, Son, and Holy Spirit,
Most Holy Trinity,
Immaculate Virgin Mary,
angels, archangels,
and saints of heaven,
descend upon me.
Please purify me,
Lord, mold me,
fill me with yourself,
use me.
Banish all the forces of evil
from me,
destroy them,
vanquish them,
so that I can be healthy
and do good deeds.
Banish from me all spells,
witchcraft, black magic,
malefice, ties, maledictions,
and the evil eye;
diabolic infestations,
oppressions, possessions;
all that is evil and sinful,
jealousy, perfidy, envy;
physical, psychological,
moral, spiritual,
diabolical ailments.
Burn all these evils in hell,
that they may never again
touch me
or any other creature
in the entire world.
I command and bid
all the powers
who molest me,
by the power of God
all powerful,
in the Name of Jesus Christ
our Savior,
through the intercession of
the Immaculate Virgin Mary,
to leave me forever,

and to be consigned
into the everlasting hell,
where they will be bound
by Saint Michael the archangel,
Saint Gabriel,
Saint Raphael,
our guardian angels,
and where they will be crushed
under the heel of
the Immaculate Virgin Mary.
Amen.

Prayer for Freedom from Curses and for Protection

This prayer is used when one believes that some form of curse or demonic attack has been sent against him (or his family or community) by Satanists, witches, and/or other occult practitioners. This prayer has been adapted from its original form. It is also recommended that this prayer is recited before any important spiritual gathering.

I place myself
in the presence of Jesus Christ
and submit to his Lordship.
In the Name of Jesus Christ,
crucified, died, and risen,
I bind all the spirits of the air,
the atmosphere, the water,
the fire, the wind,
the ground, the underground,
and the netherworld.

I also bind the influence
of any lost or fallen soul
who may be present,
all emissaries of
the satanic headquarters,
or any coven of witches
or warlocks,
or Satan worshipers
who may be present
in some preternatural way.

I claim the blood of Jesus
on the air and atmosphere,
the water, the fire, the wind,
the ground, and their fruits
all around us,
the underground,
and the netherworld.
In the Name of Jesus Christ,
I seal this place and all present
and all family and associates
of those present and their places
and possessions and sources
of supply in the blood of Jesus.

In the Name of Jesus Christ
I forbid any lost spirits,
covens, satanic groups,
or emissaries,
or any of their associates,
subjects, or superiors to harm
or take revenge on me,
my family, and my associates,
or cause harm or damage
to anything we have.

In the Name of Jesus Christ
and by the merits
of his precious blood,
I break and dissolve
every curse, hex,
seal, spell, sorcery, bond,
snare, trap, device, lie,
stumbling block, obstacle,
deception, diversion,
or distraction, spiritual chain
or spiritual influence,
also every disease
of body, soul, mind,
or spirit placed upon me
or on this place,
or any of the persons, places,
and things mentioned,
by any agent or brought on us
by our own mistakes or sins.

Amen.



Deliverance from Evil Spirits

In the Name of
our Lord Jesus Christ,
who died on the cross,
who descended into hell,
on the third day rose again,
ascended into heaven,
and is seated
at the right hand of the Father.

In the Name of Jesus,
be gone you evil spirits of
pride, anger, envy, gluttony,
sloth, lust, and avarice!
Get away from each one of us!
Get back to hell!
Do not disturb us,
for we are bought
by the most precious blood
of our Lord Jesus Christ.

In the Name of
the Blessed Virgin Mary
who crushed the head
of the serpent,
do not disturb anyone of us
because we are shielded
by the blue mantle, scapular,
and rosary of the Blessed Mother.
Get back to hell!
All hexes, spells, curses, charms,
local and personal infestations,
you have no more power over us
because Mary has destroyed
all these powers.

May the Holy Spirit
drive away all the evil spirits in us.
May the seven gifts

of the Holy Spirit
empower us to resist
the evil spirits.

May Saint Michael protect us
all the days of our life
from the powers of darkness.
As we reject Satan
and accept Jesus
as our personal Savior,
may the Almighty God bless us.

In the Name (†) of the Father
and of the Son
and of the Holy Spirit.
Amen.

Prayer To Take Authority

This prayer is a general deliverance prayer that can be prayed before spiritual family and community gatherings.

In the Name of Jesus,
I take authority
and I bind all powers
and forces in the air,
in the ground, in the water,
in the underground,
in the netherworld,
in nature, and in fire.
You are the Lord
of the entire universe
and I give you glory
for your creation.
In your name,
I bind all the demonic forces
that have come against us
and our families
and I seal all of us
in the protection
of your precious blood
that was shed for us

on the cross.

Mary, our Mother,
we seek your protection
and intercession
with the Sacred Heart of Jesus
for us and our families
and surround us
with your mantle of love
to discourage the enemy.

Saint Michael
and our guardian angels,
come defend us and our families
in the battle against all the evil ones
that roam the earth.

In the Name of Jesus,
I bind and command all powers
and forces of evil
to depart right now away from us,
from our homes, and our lands.
And we thank you, Lord Jesus,
for you are a faithful
and compassionate God.
Amen.



Prayer To Defeat the Work of Satan

O Divine Eternal Father,
in union with your Divine Son
and the Holy Spirit,
and through the Immaculate
Heart of Mary,
I beg you to destroy the power
of your greatest enemy
—the evil spirits.

Cast them into the deepest
recesses of hell
and chain them there forever!
Take possession of your Kingdom

which you have created
and which is rightfully yours.

Heavenly Father,
give us the reign
of the Sacred Heart of Jesus
and the Immaculate Heart of Mary.

I repeat this prayer
out of pure love for you
with every beat of my heart
and with every breath I take.
Amen.



Spiritual Warfare Prayer

This is a general deliverance prayer used by Catholic charismatic communities that focuses on the different doorways wherein the devil could have entered into the life of a person. For example, the beginning of the prayer focuses on ancestors who may have been into the occult. The next part deals with sin especially unforgiveness as a doorway of the devil. Then we find prayers of liberation and protection which are followed by a breaking of any occult influence which gives the devil a certain right over the person. The prayer concludes with thanksgiving and a prayer for an infilling of the Holy Spirit and the virtues. It is important to try to first understand the prayer well before praying it so that it does not degenerate into a mere magical incantation.

Heavenly Father,
I love you, I praise you,
and I worship you.
I thank you
for sending your Son Jesus
who won victory
over sin and death
for my salvation.
I thank you for sending
your Holy Spirit
who empowers me, guides me,
and leads me into fullness of life.
I thank you for Mary,

my heavenly Mother,
who intercedes with the holy angels
and saints for me.

Lord Jesus Christ,
I place myself
at the foot of your cross
and ask you to cover me
with your precious blood
which pours forth
from your Most Sacred Heart
and your most holy wounds.
Cleanse me, my Jesus,
in the living water
that flows from your heart:
I ask you to surround me,
Lord Jesus,
with your holy light.

Heavenly Father,
let the healing waters
of my baptism
now flow back
through the maternal
and paternal generations
to purify my family line
of Satan and sin.
I come before you, Father,
and ask forgiveness for myself,
my relatives, and my ancestors,
for any calling upon powers
that set themselves up
in opposition to you
or that do not offer true honor
to Jesus Christ.
In Jesus' holy Name,
I now reclaim any territory
that was handed over to Satan
and place it under the lordship
of Jesus Christ.

By the power of your Holy Spirit,
reveal to me, Father,
any people I need to forgive

and any areas of unconfessed sin.
Reveal aspects of my life
that are not pleasing to you, Father,
ways that have given
or could give Satan
a foothold in my life.
Father, I give to you
any unforgiveness.
I give to you my sins;
and, I give to you all ways
that Satan has a hold of my life.
Thank you, Father,
for these revelations.
Thank you,
for your forgiveness
and your love.

Lord Jesus, in your holy Name,
I bind all evil spirits of the air,
water, ground, underground,
and netherworld.
I further bind, in Jesus' Name,
any and all emissaries
of the satanic headquarters
and claim the precious blood
of Jesus
on the air, atmosphere, water,
ground, and their fruits around us,
the underground,
and the netherworld below.

Heavenly Father,
allow your Son Jesus
to come now
with the Holy Spirit,
the Blessed Virgin Mary,
the holy angels, and the saints
to protect me from all harm
and to keep all evil spirits
from taking revenge on me
in any way.

(Repeat the following sentence three times: once in honor of the Father, once

in honor of the Son, and once in honor of the Holy Spirit.)

In the holy Name of Jesus,
I seal myself, my relatives, this room
(place, home, church, car, plane, etc.),
and all sources of supply
in the precious blood of Jesus Christ.

*(To break and dissolve all satanic seals, repeat the following four paragraphs
three times in honor of the Holy Trinity because satanic seals are placed three
times to blaspheme the Holy Trinity.)*

In the holy Name of Jesus,
I break and dissolve any
and all curses, hexes, spells,
snares, traps, lies, obstacles,
deceptions, diversions,
spiritual influences, evil wishes,
evil desires, hereditary seals,
known and unknown,
and every dysfunction and disease
from any source,
including my mistakes and sins.

In Jesus' Name,
I sever the transmission
of any and all satanic vows,
pacts, spiritual bonds, soul ties,
and satanic works.
In Jesus' Name,
I break and dissolve any
and all links and effects of links with:
astrologers, bohmos, channelers,
charters, clairvoyants,
crystal healers,
crystals, fortune-tellers, mediums,
the New Age Movement,
occult seers, palm, tea leaf,
or tarot card readers,
psychics, santeros, satanic cults,
spirit guides, witches,
witchdoctors, and Voodoo.

In Jesus' Name,
I dissolve all effects of participation
in séances and divination,
Ouija boards, horoscopes,
occult games of all sorts,
and any form of worship
that does not offer true honor
to Jesus Christ.

Holy Spirit,
please reveal to me
through word of knowledge
any evil spirits
that have attached themselves to me
in any way.

(Pause and wait for words to come to you, such as: anger, arrogance, bitterness, brutality, confusion, cruelty, deception, envy, fear, hatred, insecurity, jealousy, pride, resentment, or terror.)

(Pray the following for each of the evil spirits revealed.)

In the Name of Jesus,
I rebuke you spirit of **(N)**
and I command you
to go directly to Jesus,
without manifestation
and without harm to me or anyone,
so that he can dispose of you
according to his holy will.

I thank you, heavenly Father,
for your love.
I thank you, Holy Spirit,
for empowering me
to be aggressive against Satan
and evil spirits.
I thank you, Jesus,
for setting me free.
I thank you, Mary,
for interceding for me
with the holy angels
and the saints.

Lord Jesus,
fill me with charity, compassion,
faith, gentleness, hope, humility,
joy, kindness, light, love,
mercy, modesty, patience,
peace, purity, security, serenity,
tranquility, trust, truth,
understanding, and wisdom.

Help me to walk
in your light and truth,
illuminated by the Holy Spirit,
so that together we may praise,
honor, and glorify our Father
in time and in eternity.

For you, Lord Jesus, are,
*“the way, the truth,
and the life”* (Jn 14:6, NAB),
and you *“have come
that we might have life
and have it more abundantly”*
(Jn 10:10, JB).

*“God indeed is my Savior;
I am confident and unafraid.
My strength and courage is the Lord,
and he has been my Savior”*
(Is 12:2, JB).

Amen. Alleluia. Amen.

Prayer for a Spiritual Canopy

This prayer is a prayer seeking God’s protection from demonic attacks especially from one who used to be involved with the occult and/or who is under attack from occult sources.

Dear Lord Jesus, please forgive me for all the times I have not submitted to you. Forgive me for all sinfulness and for agreeing with the enemy and his lies. I now submit to you as my Lord, dear Jesus. Now I break every agreement that I have made with the enemy.

Lord Jesus, please have your warring angels remove and bind to the abyss all demons and their devices that had access to me because I believed their lies. I now ask you to establish a hedge of (†) protection

around me, over me, and under me, and seal it with your blood, Lord Jesus Christ.

I now choose to put on the full armor of God and ask that you cleanse me and seal (†) me, body, mind, soul and spirit, with your blood, Lord Jesus Christ. Please have your warring angels bind up and remove all demons, their devices, and all their power from within this protective hedge and have them sent to the abyss.

Please have your warriors destroy all demonic, occult, or witchcraft assignments directed against me including all backups and replacements. Please have your warriors remove all trafficking people and send them back to their own bodies and seal them there with your blood, Lord Jesus Christ. Please have your angels stand guard over me and protect me from all the attacks of the enemy.

Prayer for Deliverance

This prayer can be used as intercession for a community suffering under demonic influence.

My Lord, you are all powerful, you are God, you are Father. We beg you through the intercession and help of the archangels Michael, Raphael, and Gabriel for the deliverance of our brothers and sisters who are enslaved by the Evil One. All saints of heaven, come to our aid.

From anxiety, sadness, and obsessions, we beg you:
free us, O Lord.

From hatred, fornication, envy, we beg you:
free us, O Lord.

From thoughts of jealousy, rage, and death, we beg you:
free us, O Lord.

From every thought of suicide and abortion, we beg you:
free us, O Lord.

From every form of sinful sexuality, we beg you:
free us, O Lord.

From every division in our family, and every harmful friendship, we beg you:
free us, O Lord.

From every sort of spell, malefice, witchcraft and every form of the occult, we beg you:
free us, O Lord.

Lord, you who said, "I leave you peace, my peace I give you," grant that, through the intercession of the Blessed Virgin Mary, we may be liberated from every evil spell and enjoy your peace always. In the Name of Jesus Christ, our Lord. Amen.

Supplementary Consecration Prayers

Praying these prayers from the heart aid tremendously in destroying any right the devil has over a person, especially those who have formed bondages with him through the occult. The important thing to keep in mind is to pray these prayers with as much sincerity as one is capable of and to trust fully that one has been heard. Prayers of consecration are one of the most effective prayers for protection from evil spirits. It is recommended that they be prayed regularly.

“In spite of all opposition, his divine heart will eventually triumph; Satan with all his adherents will be confounded. Happy will they be who have been the means of establishing his empire.”

—St. Margaret Mary Alacoque of the Sacred Heart

Consecration to the Three Divine Persons

O heavenly Father,
I desire to offer my self today
and every day of my life
with the self-sacrificing love
with which your Divine Son
immolated himself
for your glorification
and for the salvation of mankind.

O heavenly Father,
grant that I may fulfill
your holy will
in the spirit of love
and sacrifice.

O Jesus,
I desire to serve you

with the love
which impels you
to remain with us
in the Holy Eucharist
for the nourishment of our soul.
Strengthen me
and purify my heart, O Jesus,
that I may serve you
in purity and love.

O Holy Spirit,
I desire to serve you
with purity of intention
and to love you
in union with Mary,
your Immaculate Spouse,
with Saint Joseph,
the martyrs, and all the saints.
With them, I will love,
praise, bless, glorify,
honor, adore, trust,
and thank you
and the Father
with the Son
throughout eternity.
Amen.



Act of Consecration to the Sacred Heart of Jesus

Most Sacred Heart of Jesus,
truly present in the Holy Eucharist,
I consecrate my body and soul
to be entirely one with your heart,
being sacrificed at every instant
on all the altars of the world
and giving praise to the Father.

Pleading for the coming
of God's Kingdom,
I offer you
through the Immaculate Heart

of Mary
and pure heart of St. Joseph
our worldly possessions, our home,
our family, our thoughts, words,
actions, our free will,
and our own body and soul
that you may dispose of them
according to your will.
Please receive this humble offering
of myself.

Use me as you will
for the glory of the Father
and salvation of mankind.
Protect me in the midst of danger,
comfort in my afflictions,
give me health of mind and body,
assistance in my temporal needs,
your blessing in all I do.
Make me humble, patient, pure,
and wholly obedient to your will.
Grant, good Jesus,
that I may live in you
and for you.
Amen.



Prayer to the Sacred Heart

Lord Jesus Christ,
we acknowledge you
as King of the universe.
All that has been made
exists for your glory.
Exercise over us
your sovereign rights.
We now renew the promises
of our baptism;
we again renounce Satan
and all his works and attractions;
we again promise to lead
a truly Christian life.

And in a very special way,
we undertake to bring about
the triumph of your rights
and the rights of your Church.
Sacred Heart of Jesus,
we offer you our poor actions
to obtain that all men acknowledge
your sacred kingly power.
May the kingdom of your peace
be firmly established
throughout the world.

All: Amen.

Lord Jesus Christ,
who sanctified family life
by your unexcelled virtues
while you were subject
to Mary and Joseph;
grant that we,
aided by Mary and Joseph,
may be inspired by the example
of your holy family,
and so attain the happiness
of living with them in heaven.
We ask this of you
who live and reign
forever and ever.

All: Amen.



Consecration of the Family

O Jesus,
behold our family prostrate,
before you.
Once more do we consecrate
ourselves to you—our trials and joys
—that our home, like yours,
may ever be the shrine of peace,
purity, love, labor, and faith.
Protect and bless all of us,
absent or present.

O Mary,
loving Mother of Jesus
and our Mother,
pray to Jesus for our family,
for all the families of the world,
to guard the cradle of the newborn,
the school of the young
and their vocation.

O, Joseph,
holy guardian of Jesus and Mary,
assist us by your prayers
in all necessities of life.
Ask of Jesus that special grace
that he granted to you,
to watch over our home
at the pillow of the sick
and the dying,
so that with Mary and with you,
heaven may find our family unbroken
in the Sacred Heart of Jesus.
Amen.

Consecration to the Blessed Virgin Mary for the Closing the “Occult Third Eye”

This prayer is very effective, depending upon one’s faith and sincerity, in removing the psychic vulnerability of persons to the preternatural world of the unclean spirits whether this vulnerability was attained by occult practices and/or having spirits of the occult come down from ancestors who delved in sorcery and witchcraft.

O Most Immaculate and Loving Virgin Mary, Mother of God and my Mother, who was present in the crucifixion and death of your Son Jesus on the hill of Calvary, have mercy on me, your son (your daughter). Have mercy on this poor, suffering body of mine harassed and suppressed by the Evil one. Through the merits of your sorrows, grant me relief and comfort. Close now my psychic abilities, which I have obtained through the power of demons. These psychic abilities I renounce and surrender totally to you. I consecrate myself to you. I offer myself to you. Hear my supplications, dearest Mother and Queen. Through the love you have for your Son Jesus who has entrusted me to your maternal care. Amen.

Ancient Exorcism Prayers

These exorcism prayers from the saints of the early Church are to be used primarily by priests (they do not need to be exorcists) when encountering cases of possession or grave oppression. Prudence is needed when using these prayers since the words used can be quite strong for more impressionable persons (ex. children). These prayers are meant more for persons than for places. I have abbreviated the prayers without changing the wordings in order to make them more suitable for general use; in a word, I have sanitized them somewhat. It would be good to take note of the parts in the prayers that speak about the different forms of demonic attack as well as their sources. It would also be good to be aware that just like the prayers found in the Roman Ritual of Exorcism, these prayers begin with prayers of supplication to God before the words of command against the evil spirits.

“You have aroused the fierce beast; but do not fear. You have received a greater power, a sharper sword. Pierce the serpent with it”.

—St. John Chrysostom

Exorcism Prayer

*by Saint John Chrysostom
(344-407 AD)*

O Eternal God,
who has redeemed the race of men
from the captivity of the devil,
deliver your servant (*name*)
from all the workings of
unclean spirits.
Command the evil and impure spirits
and demons to depart from the soul
and body of your servant (*name*)
and not to remain nor hide in him.
Let them be banished

from this the creation of your hands
in your own holy Name
and that of your only begotten Son
and of your life-giving Spirit,
so that, after being cleansed
from all demonic influence,
he may live godly, justly,
and righteously
and may be counted worthy
to receive the holy mysteries
of your only-begotten Son
and our God with whom
you are blessed
and glorified together
with the all-holy and good
and life-giving Spirit now and ever
and unto the ages of ages.
Amen.

O, you who have rebuked
all unclean spirits
and by the power of your word
has banished the legion,
come now,
through your only-begotten Son,
upon this creature,
which you have fashioned
in your own image
and deliver him from the adversary
that holds him in bondage,
so that, receiving your mercy
and becoming purified,
he might join the ranks
of your holy flock
and be preserved
as a living temple
of the Holy Spirit
and might receive
the divine and holy mysteries
through the grace and compassion
and loving kindness
of your only-begotten Son

with whom you are blessed
together with your all-holy and good
and life-giving Spirit now and ever
and unto the ages of ages.
Amen.

We beseech you,
Lord, Almighty God,
Most High, untempted,
peaceful King.
We beseech you
who has created
the heaven and the earth,
for out of you has issued
the Alpha and the Omega,
the beginning and the end,
you who have ordained
that the four-footed
and irrational beasts
be under subjection to man,
for you have subjected them.
Lord, stretch out your mighty hand
and your sublime and holy arm
and in your watchful care
look down upon this your creature
and send down upon him
a peaceful angel,
a mighty angel,
a guardian of soul and body
that will rebuke and drive away
every evil and unclean demon
from him,
for you alone are Lord, Most High,
almighty and blessed
unto ages of ages.
Amen.

*(Take note that from prayers of supplication to God, the next paragraphs are
commands against the evil spirits.)*

We make this great, divine,
holy, and awesome invocation
and plea, O devil,
for your expulsion,
as well as this rebuke
for your utter annihilation, O apostate!
God who is holy, beginningless,
frightful, invisible in essence,
infinite in power,
and incomprehensible in divinity,
the King of glory
and Lord Almighty
—he shall rebuke you, devil!
—he who composed all things well
by his word
from nothingness into being;
he who walks
upon the wings of the air.

Devil, the Lord rebukes you!
He who came down
from the Father's bosom
and, through the holy, inexpressible,
immaculate, and adorable
Incarnation from the Virgin,
appeared ineffable
in the world to save it
and cast down from heaven
in his authoritative power
showed you an outcast
to every man.

Satan, the Lord rebukes you!
He who said to the sea,
"Be silent, be still,"
and instantly was calmed
at his command.

Devil, the Lord rebukes you!
He who made clay
with his immaculate spittle
and refashioned
the wanting member
of the man blind from birth
and gave him his sight.

Devil, the Lord rebukes you!
He who placed a voice in your cross
and the curtain of the temple
was torn in two
and the rocks were split
and the tombs were opened
and those who were dead
from the ages were raised up.
Devil, the Lord rebukes you!
He who by death
put death to death
and by his rising
granted life to all men.

May the Lord rebuke you, Satan!
—He who in glory
ascended into heaven to his Father,
sitting on the right hand of majesty
upon the throne of glory.
Devil, may the Lord rebuke you!
He who shall come again with glory
upon the clouds of heaven
with his holy angels
to judge the living and the dead.
Devil, may the Lord rebuke you!
He who has prepared for you
unquenchable fire,
the unsleeping worm,
and the outer darkness
unto eternal punishment.

Devil, may the Lord rebuke you!
For before him all things shudder
and tremble from the face
of his power and the wrath
of his warning upon you
is uncontainable.
Satan, the Lord rebukes you
by his frightful Name!

Shudder, tremble, be afraid,
depart, be utterly destroyed,
be banished!
You who fell from heaven

and together with you
all evil spirits:
every evil spirit of lust,
the spirit of evil,
a day and nocturnal spirit,
a noonday and evening spirit,
a midnight spirit,
an imaginative spirit,
an encountering spirit,
either of the dry land
or of the water,
or one in a forest,
or among the reeds,
or in trenches,
or in a road
or a crossroad,
in lakes, or streams,
in houses,
or one sprinkling in the baths
and chambers,
or one altering the mind of man.

Depart swiftly from this creature
of the Creator, Christ our God!
And be gone
from the servant of God (*name*),
from his mind,
from his soul,
from his heart,
from his reins,
from his senses,
from all his members,
that he might become whole
and sound and free,
knowing God, his own Master
and Creator of all things,
him who gathers together
those who have gone astray
and who gives them
the seal of salvation
through the rebirth and restoration
of divine baptism,
so that he may be counted worthy

of his immaculate, heavenly,
and awesome mysteries
and be united to his true fold,
dwelling in a place of pasture
and nourished on the waters
of repose,
guided pastorally and safely
by the staff of the cross
unto the forgiveness of sins
and life everlasting.

For to him belong all glory,
honor, adoration, and majesty
together with your
beginningless Father
and his all-holy, good,
and life-giving Spirit,
now and ever,
and unto ages of ages.
Amen.



Exorcism Prayer

*by Saint Basil the Great
(300-379 AD)*

O God of gods and Lord of lords,
the Creator of the flaming ranks
and Artificer of the bodiless powers,
the Artisan of things
heavenly and earthly,
whom no man has seen
nor is able to see,
before whom all creation
trembles and fears,
who cast down to earth that archangel
which at one time became haughty
and because of disobedience
forfeited his function
together with all the angels
that fell away with him,
becoming demons;

who hurled them down
into the darkness
of the abyss of Tartarus.
Grant that this deliverance,
which is being carried out
in your awesome Name,
becomes efficacious by the fear
of this the leader of evil
and of all his ranks
which have fallen with him
from the light-bearing heights
and drive him into banishment
and command him and his demons to
utterly depart,
so that no harm might be worked
against your sealed image.
But let those who are sealed
receive the strength
that they may tread
upon serpents and scorpions
and upon all the power
of the enemy.
For your all-holy Name
is praised and magnified
and glorified by all breath,
of the Father
and the Son
and the Holy Spirit,
now and ever,
and unto the ages of ages.
Amen.

(Take note that from prayers of supplication to God, the next paragraphs are commands against the evil spirits.)

I exorcise you,
the beginner of sin and blasphemy,
the leader of rebellion
and worker of evil!
I exorcise you who was thrown out
from the light-bearing heights
and was cast down into the darkness
of the abyss because of arrogance.

I exorcise you
and all the fallen powers
that follow your own design!
I exorcise you,
unclean spirit,
by God Sabaoth
and by all the ranks
of the angels of God,
Adonai, Elohim, Almighty God!
Come out and depart
from the servant of God!

I exorcise you by God!
who created all things
through his word
and by our Lord Jesus Christ,
his only begotten Son,
generated before all ages
ineffably and dispassionately;
who created the visible
and invisible creation
and who fashioned man
in his own image;
who tutored him initially
through natural means
and who protected him
by the watchful care of the angels.

I exorcise you by Jesus Christ!
who was baptized in the Jordan
and had become a type
of incorruptibility
by grace in water
and before whom angels
and all the powers of heaven
stood astonished,
beholding incarnate God moderated,
for the beginningless Father
revealed the beginningless
generation of the Son
and the descent of the Holy Spirit
testified to the unity
of the Trinity.

Fear! Flee! Be banished!
Depart, unclean
and abominable demon!
Infernal, abysmal, deceptive,
shapeless, visible
because of your shamelessness,
invisible because of your hypocrisy
—wherever you happen
to leave or to exist,
or if you are the same Beelzebub,
a demon that shakes,
or one that is dragon-like,
or one with a face of a beast,
or one as vapor
or appearing as smoke,
or as a male or as a female,
or as a creeping thing,
or appearing as a fowl,
or as one speaking by night,
or one that is deaf or dumb,
or as one that frightens by invasion,
or that convulses,
or attacks,
or exists in deep slumber
or sickness or in disease,
or rolling about in laughter,
or inciting sensuous tears,
or as a lewd spirit,
or foul-smelling,
or covetous,
or lustful,
or sorcerous,
or erotic,
or horoscopic,
or dwelling in a house,
or one that is shameless,
or contentious,
or unstable,
or changing according
to the phases of the moon,
or one that flees at a certain time,
or a morning one,
or one of the noonday or midnight,

or one of an unseasonable time,
or of the dawn,
or one instantaneously encountered,
or if you were sent by someone,
or if you approached unawares,
or one in the sea
or in a stream
or out of the earth
or out of a well
or a steep bank
or a trench,
or a lake
or a reed orchard,
or out of matter
or an unclean thing,
or out of a forest
or oak-coppice
or a tree
or out of a bird
or thunder,
or out of a bath chamber,
or out of a font of water,
or from a phantom tomb,
or from where we know
or know not,
either known or unknown,
and from an unthought place.

Be divided and be removed!
Be ashamed of the image
created and fashioned
by the hand of God!
Fear the likeness of
the incarnate God
and hide not
in the servant of God (*name*)!
For a rod of iron
and a furnace of fire
and Tartarus
and the grinding of teeth
and the recompense of disobedience
await you.

Return not, neither hide

with any other evil
and unclean spirit!
But rather depart to the region
which is waterless,
desolate, uncultivated,
and which no man habitates
and where God only watches over
who binds all those that perpetrate
the spell of the evil eye
and assault his image;
who with the chains of darkness
banishes to Tartarus
to a long night and day
you, the devil, the skillful worker
and contriver of all evil!
For great is the fear of God
and great the glory
of the Father
and the Son
and the Holy Spirit.
Amen.

*(Take note that from the commands against the evil spirits, what follows is
supplication again to God.)*

Therefore, we pray to you,
God of our fathers
and Lord of mercy,
eternal and superessential!
Receive him who has come to you
in your holy Name
and that of your beloved child,
Jesus Christ,
and of your holy and almighty
and life-giving Spirit!

Expel from his soul every sickness,
every unbelief, every unclean spirit
that is convulsive, infernal flaming,
foul-smelling, covetous, greedy,
avaricious, fornicating, tempestuous,
every unclean demon that is dark,
shapeless, and shameless!

Yes, God, take away
from your servant (*name*)
every working of the Devil,
all sorcery witchcraft, drug addiction,
idolatry, astrology, horoscopy,
necromancy, orneoscopy, divination,
passion for pleasure, eros, avarice,
wrath, contentiousness, instability,
and every evil fancy.

Yes, Lord our God!
Breathe into him
your peaceful Spirit
so that, being protected by you,
he might bring forth
the fruit of faith,
virtue, wisdom, purity,
continence, love, kindness,
a sound mind, prudence,
for your servant has called upon you
in the Name of Jesus Christ,
believing in the consubstantial Trinity,
with the angels as witnesses,
as well as the archangels
and the glorious principalities
and every heavenly host.
Together with him protect also
our own hearts,
for you are mighty, O Lord,
and to you we offer glory
to the Father
and the Son
and the Holy Spirit,
now and ever
and unto ages of ages.
Amen.

Blessing of Sacramentals

These blessings may only be done by priests. These sacramentals should not only be kept in a suitable place in the home like on a family altar but must be used regularly. Some examples are: holy water and exorcised oil may be used on the person before going to sleep; exorcised salt may be sprinkled around the perimeters of the house once a month or once a week in rooms where there are regular occupants; a pinch of salt may be taken before going to bed if one is prone to oppressive nightmares; exorcised oil may be placed around the four corners of a room where there are children staying (tracing on the walls, with fingers dipped in the oil, the sign of the cross) while praying to God for protection; not only can holy water be used once a week around the house, one can also have bottles of drinking water blessed so that they may be drank (this was a custom of St. Teresa of Avila). Although the sacramentals are sacred objects, they derive their efficacy also from the person who uses them; hence when using them, one must not have fear and doubt in his heart but faith and confidence. A final guide is that the salt used should be rock salt (not iodized salt) and the oil should be pure olive oil (no additives); only natural objects are used in order to symbolize purity.

“He [the devil] flies from a drop of holy water.”

—St. Francis de Sales

The Blessing of Salt

God's creature, salt,
I cast out the demon
from you by the living (†) God,
by the true (†) God,
by the holy (†) God,
by God who ordered you
to be thrown into the water spring
by Eliseus to heal it of its barrenness.

May you be a purified salt,
a means of health
for those who believe,
a medicine for body and soul
for all who make use of you.
May all evil fancies
of the foul fiend,
his malice and cunning,
be driven afar from the place
where you are sprinkled.
And let every unclean spirit
be repulsed by him
who is coming to judge
both the living and the dead
and the world by fire.

All: Amen.

Let us pray.

Almighty everlasting God,
we humbly appeal to your mercy
and goodness to graciously bless (†)
this creature, salt,
which you have given
for mankind's use.
May all who use it find in it
a remedy for body and mind.
And may everything that it touches
or sprinkles be freed
from uncleanness
and any influence of the evil spirit;
through Christ our Lord.

All: Amen.

The Blessing of Water

God's creature, water,
I cast out the demon from you
in the Name of God (†)
the Father almighty,
in the Name of Jesus (†) Christ,
his Son, our Lord,

and in the power of
the Holy (†) Spirit.
May you be a purified water,
empowered to drive afar
all power of the enemy,
in fact, to root out and banish
the enemy himself,
along with his fallen angels.
We ask this through the power
of our Lord Jesus Christ,
who is coming to judge
both the living and the dead
and the world by fire.

All: Amen.

Let us pray.

O God, who for man's welfare
established the most
wonderful mysteries
in the substance of water,
hearken to our prayer,
and pour forth your blessing (†)
on this element now being prepared
with various purifying rites.
May this creature of yours,
when used in your mysteries
and endowed with your grace,
serve to cast out demons
and to banish disease.
May everything
that this water sprinkles
in the homes
and gatherings of the faithful
be delivered from all
that is unclean and hurtful;
let no breath of contagion
hover there,
no taint of corruption;
let all the wiles
of the lurking enemy
come to nothing.
By the sprinkling of this water,

may everything opposed
to the safety and peace
of the occupants
of these homes be banished,
so that in calling on your holy name
they may know
the well-being they desire,
and be protected from every peril;
through Christ our Lord.

All: Amen.

(The priest pours salt into the water in the form of a cross saying:)

May this salt and water
be mixed together;
in the name of the Father,
and of the Son,
(†) and of the Holy Spirit.

All: Amen.

P: The Lord be with you.

All: May he also be with you.

Let us pray.

God, source of irresistible might
and king of an invincible realm,
the ever-glorious conqueror;
who restrain the force
of the adversary,
silencing the uproar of his rage,
and valiantly subduing
his wickedness;
in awe and humility
we beg you, Lord,
to regard with favor
this creature thing of salt and water,
to let the light of your kindness
shine upon it,
and to hallow it
with the dew of your mercy;
so that wherever it is sprinkled
and your holy name is invoked,

every assault of the unclean spirit
may be baffled,
and all dread
of the serpent's venom
be cast out.

To us who entreat your mercy,
grant that the Holy Spirit
may be with us
wherever we may be;
through Christ our Lord.

All: Amen.



The Blessing of Oil

P: Our help is in the Name of
the Lord.

All: Who made heaven and earth.

God's creature, oil,
I cast out the demon from you
by God the Father (†) almighty,
who made heaven and earth
and sea,
and all that they contain.
Let the adversary's power,
the devil's legions,
and all Satan's attacks
and machinations
be dispelled and driven afar
from this creature, oil.
Let it bring health
in body and mind
to all who use it,
in the name of God (†)
the Father almighty,
and of our Lord
Jesus (†) Christ, his Son,
and of the Holy Spirit,
the Advocate,
as well as in the love
of the same Jesus Christ our Lord,

who is coming to judge
both the living and the dead
and the world by fire.

All: Amen.

P: Lord, heed my prayer.

All: And let my cry be heard by you.

P: The Lord be with you.

All: May he also be with you.

Let us pray.

Lord God almighty,
before whom the hosts of angels
stand in awe,
and whose heavenly service
we acknowledge;
may it please you
to regard favorably
and to bless (†)
and hallow (†) this creature, oil,
which by your power
has been pressed
from the juice of olives.
You have ordained it
for anointing the sick,
so that, when they are made well,
they may give thanks to you,
the living and true God.
Grant, we pray,
that those who will use this oil,
which we are blessing (†)
in your name,
may be delivered from all suffering,
all infirmity,
and all wiles of the enemy.
Let it be a means of averting
any kind of adversity from man,
made in your image
and redeemed by the precious blood
of your Son,
so that he may never again suffer
the sting of the ancient serpent;

through Christ our Lord.

All: Amen.

(The priest sprinkles the oil with holy water.)

Blessing of Medals of St. Benedict

The medal of St. Benedict is one of the oldest and most highly honoured medals used by the Church. Because of the extraordinary number of miraculous occurrences, both physical and spiritual, attributed to this medal, it became popularly known as the “devil-chasing medal.”⁶

This medal, among the other medals, is especially effective against evil spirits due to the fact that this is the only medal that has an exorcism prayer inscribed into it.

V. Our help is in the (†) name of the Lord.

R. Who made heaven and earth.

Exorcism of the Medals

V. I purge you medals of evil by God (†) the Father Almighty, Creator of heaven and earth and of the sea and of all that they contain. O every power of the adversary, every cohort of the devil, every attack and appearance of Satan — get thee out of these medals and fly afar! And may they become for all who will use them a help for body and soul, in the name of the Father (†) Almighty, in the name of Jesus (†) Christ, His Son, our Lord, in the name of the Holy (†) Spirit, the Paraclete, and in the love of the self-same Lord Jesus Christ, Who shall come to judge the living and the dead and the world by fire.

R. Amen.

Blessing of the Medals

V. Almighty God, lavish Dispenser of every good, we thy suppliants pray that, by the intercession of St. Benedict, thou wouldst pour out thy blessing (†) on these sacred medals inscribed with letters and symbols appointed by thee. Let all who will wear them with minds intent on good works deserve to obtain health of body and spirit, the grace of making progress in holiness, as well as the indulgences which have been

granted. And may they escape by thy merciful help every onslaught and fraud of the devil, and finally stand before thee sinless and holy. Through Christ our Lord. **R.** Amen.

The priest sprinkles the medals with holy water.

If the medals are inscribed in a crucifix, the crucifix is blessed as well according to the prayer-blessing for crucifix.

Blessing of the Crucifix

V. Holy Lord, almighty Father, eternal God, bless (†) this cross that it be a saving help to mankind. Let it be a bulwark of faith, an encouragement to good works, the redemption of souls; and may it be consolation, protection, and a shield against the cruel darts of the enemy. Through Christ our Lord.

R. Amen.

V. *Let us pray.*

Bless, (†) O Lord Jesus Christ, this cross by which thou hast snatch the world from Satan's grasp and upon which thou hast overcome by thy suffering him, who is the prompter of sin, who rejoiced in Adam's deception at the accursed tree of Paradise. *(Here it is sprinkled with holy water)*. May this symbol of salvation be sanctified in the name of the Father, (†) and of the Son, (†) and of the Holy (†) Spirit, and may all who kneel and pray before this cross for our Lord's honor receive health of body and soul. Through the selfsame Christ our Lord.

R. Amen.



Blessing of Candles

Light this candle when you sense an evil presence or manifestation in a certain place. The light from blessed candles symbolizes Jesus, the Light of the world; the presence of the Lord drives away all spirits of darkness. Lighting this candle, then praying for liberation is especially effective to purge a place especially a room, from infestation.

V. Our help is in the (†) name of the Lord.

R. Who made heaven and earth.

V. The Lord be with you.

R. And with your spirit.

Exorcism of Candles

V. O candles, I exorcise you in the name of God (†) the Father Almighty, in the name of Jesus (†) Christ his Son, our Lord, and in the name of the Holy (†) Spirit. May God uproot and cast out from these objects, all power of the devil, all attacks of the unclean spirit, and all deceptions of Satan, so that they may bring health of mind and body to all who use them. We ask this through the power of our Lord Jesus Christ, who is coming to judge both the living and the dead and the world by fire.

R. Amen.

V. *Let us pray.*

Lord Jesus Christ, Son of the living God, light of everlasting life, you have given us candles to dispel the darkness. We humbly implore you now to bless (†) these candles at our lowly request, and hallow (†) them by the light of your grace. By the power of the Holy (†) Cross, endow them with a heavenly blessing. May the blessing they receive be so powerful that, wherever they are placed or lighted, the princes of darkness shall flee in fear, along with all their legions, and never more dare to disturb those who serve you, the almighty God. Let the entire building in which these candles are kept, be free from the power of the adversary, and be defended from the snares of the enemy. Grant we pray, that those who will use these candles may be protected from every assault of the evil spirit, and be safeguarded from all danger. Through Christ our Lord. **R.** Amen.

They are sprinkled with holy water.

Endnotes

- 1 See MacNutt, Francis. *Deliverance from Evil Spirits: A Practical Manual*. MI: Chosen Books, 2003.
- 2 See MacNutt, Francis. *Deliverance from Evil Spirits: A Practical Manual*. MI: Chosen Books, 2003.
- 3 Mapa-Garcia, Maribi, *Healing Presence, Prayers for Healing* (Makati City: St Pauls Philippines, 2003), 60-62.
- 4 *Ibid.*, 105.
- 5 See MacNutt, Francis. *Deliverance from Evil Spirits: A Practical Manual*. MI: Chosen Books, 2003.
- 6 Ann Ball, *The How-To Book of Sacramentals: Everything You Need to Know But No One Ever Taught You* (Our Sunday Visitor Publishing Division: Our Sunday Visitor, Inc., Huntington, Indiana, 2005), 196.

Checklist of the Occult and Esoteric

Although the list does not exhaust all the occult practices in both Philippine folk religiosity and the New Age Movement, it presents many of the more common doorways by which the world of the spirits (fallen angels) enter in an extraordinary manner into the life of a Filipino Catholic. As Catholics, we should never seek benefits from spiritual powers outside of God or open doorways by which evil spirits may attack us extraordinarily. The following practices and beliefs go against directly or indirectly the 1st Commandment. Purifying our Catholic faith not only pleases God but allows the fullness of God's graces, blessings, gifts, and protection to enter into our lives. Since defining each of these practices and beliefs goes beyond the scope of this book, it is recommended that the reader who desires to know more about particular practices and beliefs does the necessary research to attain not only a more complete picture of each but also discover for himself their esoteric and occult connections, sources, and origins.

- Alternative religions
- Amulets and talismans
- Animal magnetism or mesmerism
- Animism and paganism
- Astral travel/projection
- Astrology
- Automatic hand writing or spirit writing
- Cabala
- Consulting an *albularyo*, *mangkukulam*, *mangbabarang*, *mangtatawas*, *manghihilot*, and/or *espiritista*
- Crystal gazing and using a crystal ball
- Consulting spirit guides, familiar spirits, guardian spirits, and ancestral spirits
- Cults
- Divination using rod and pendulum for finding water, treasure, etc.
- Edgar Cayce's teachings and readings
- Feng shui
- Fortune-telling

- Freemasonry and other secret societies
- Geomancy
- Gnosticism
- Heavy metal music and death metal music
- Horoscopes
- Magick
- Mediumship
- Mind control programs like Silva mind control program
- Necromancy
- New Age books like the Gnostic gospels, Bible codes, and the Celestine Prophecy
- Numerology
- Offerings to idols and other similar rituals like food offering, animal sacrifice, and blood offering
- Opening the “third eye”
- *Oracion* (magical incantations)
- Oracles
- Pacts with Satan or other deities/pagan gods
- Palm reading
- Power of the mind
- Psychic healing, crystal healing, faith healing, energy healing, magnetic healing and pranic healing
- Psychic readings
- Pyramid power
- Reading of omens, tea leaf reading, and reading of animal body parts
- Reiki
- Reincarnation and past life readings
- Rosicrucianism
- Santeria
- Satanism
- Science of the mind
- Scientology
- Séances
- Shamanism
- Sorcery
- Spellcasting and casting curses (ex. the evil eye)
- Spirit of the glass and spirit of the coin
- Spirit questing
- Spiritism
- Tarot card reading
- Trance channeling
- Transcendental meditation
- Use of wands

- Voodoo
- Wicca
- Witchcraft

“It is by battles against hell and by resistance to temptations that we give God fruits of our love.”

—St. Jean Marie Vianney

“If we are at war with the devil, we are at peace with God.”

—St. John Chrysostom